

Beyond an Apple a Day

PROVIDING CONSUMER HEALTH INFORMATION AT YOUR LIBRARY

Who We Are

NIH

- **National Institutes of Health**
- Nation's research agency
- 27 institutes and offices

NLM

- **National Library of Medicine**
- World's largest biomedical library

NNLM

- **National Network of Libraries of Medicine**
- Program of the NLM comprised of 8 Regional Medical Libraries (RMLs) and 5 offices

PNR

- **Pacific Northwest Region (NNLM PNR)**
- Is one of the 8 RMLs
- Serves Alaska, Idaho, Montana, Oregon, Washington

Learning Objectives

- Basics of consumer health and health literacy
- Conduct appropriate health reference
- Identify quality online health information
- Identify, select, and provide appropriate health information for patrons
- Recall and locate at least one National Library of Medicine health resource
- Develop ideas to create health related programs and services

Consumer Health & Health Literacy

The TACO CLEANS

THE TORTILLA-BASED DIET PROVEN TO



Wed, Aug 29, 2018

Newswe

U.S. | World | Business | Tech & Science | Culture | Sports

HEALTH

CARDIOLOGIST ON NATIONAL TACO DAY: EATING ONLY TACOS IS GOOD FOR YOU

BY MELISSA MATTHEWS ON 10/4/17 AT 10:05 AM

Fluoride: Poison on Tap

6.1K Shares [f](#) [t](#) [p](#) [e](#) [p](#) [s](#) | October 14, 2017

[< Previous](#) [Next >](#)

A Glass Of Red Wine Is The Equivalent To An Hour At The Gym, Sa

UPDATE: [Drinking red wine could help burn fat, says new study](#)



SHOP BEAUTY FOOD STYLE TRAVEL WELLNESS WORK

goop

Search

WEARABLE
STICKERS THAT
PROMOTE
HEALING...



THE ILLUSION OF
BEAUTY



A 14-YEAR-OLD
TEACHES
MINDFULNESS
TO KIDS ACROS...



THE LONELINESS
EPIDEMIC +
OTHER STORIES



YAHOO!

Search

Search

Sig

National Vodka Day: Why Drinking Vodka May Be Healthier Than A Glass Of Wine



Lizette Borrelli, Newsweek · October 4, 2017



Not all drinks are created equal. And National Vodka Day is a good time to take a closer look at this staple of every corner bar.



Vodka may have some virtues. Clear liquor contains fewer congeners, compounds besides alcohol produced during fermentation and may contribute to the severity of hangovers. Many drinkers look to vodka as a lower calorie option that could be healthier than drinking "antioxidant-rich" red wine.

Vanessa Risetto, a registered dietitian and nutritionist in Hoboken, New Jersey, says that vodka may be healthier than wine. "If you want antioxidant benefits [from wine], you'd have to take in a lot of

Related Searches

[Best Vodka](#)
[National Vodka Day](#)
[Vodka Drinks](#)

The Best All Elect

Search now



Popular in the Community



Consumer Health Questions

- “My mom is starting to forget things but how do I know if it’s Alzheimer’s?”
- “Why did my doctor put me on Prozac?”
- “I want to find more about that diet thing Dr. Oz talked about the other day.”
- “I just found out my son may have Marfan syndrome. Do you have a book about it?”
- “My 23andMe test said I could get breast cancer, what do I do now?”
- “Why is broccoli good for you?”

Consumer Health – Then and Now

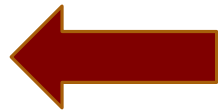
- 1972 Patient Bill of Rights

- Realities of Health Care today:
 - Patients are now asked to make decisions about their own disease process
 - Most patients do not have the tools or knowledge to make fully informed decisions
 - Health literacy
 - Libraries can help!

Quiz: Health Status

What is the strongest predictor of an individual's health status?

- Age
- Income
- Employment status
- Education
- Literacy skills
- Racial/ethnic group



Quiz: Fill in the Blanks

- One out of ? American adults reads at the 5th grade level or below.

1 out of 5

- The average American reads at the 8th to 9th grade level, yet most health care materials are written above the ? grade level.

10th grade level

What is Health Literacy?

“Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.”

U.S. Department of Health and Human Services. 2000. Healthy People 2010, 2020. Washington, DC: U.S. Government Printing Office.

Why Health Literacy is Important

- Access health care services
- Analyze relative risks and benefits
- Calculate dosages
- Communicate with health care providers
- Evaluate information for credibility and quality
- Interpret test results
- Locate health information

Health Literacy Requires

- Basic literacy
- Numeracy
- Biology
- Computer literacy
- Media literacy
- Cultural and linguistic competency
- Digital literacy

The Cost of Health Literacy

- poorer comprehension of nutrition labels
- less likely to act on public health alerts
- less likely to use preventative services
- more likely to skip tests
- less likely to adopt healthy behaviors
- struggle to manage chronic diseases
- misunderstand prescription labels or instructions
- more emergency room visits
- more preventable hospital admissions

Office of Disease Prevention and Health. (2010). *National action plan to improve health literacy*. Washington, DC: Department of Health and Human Services.

Most Likely to have Low Health Literacy

- Adults over 65 years of age
- Racial and ethnic groups other than White
- Recent refugees and immigrants
- People with less than a high school degree or GED
- People with income at or below the poverty level
- Non-native speakers of English

Health Literacy videos



[American Medical Association Health Literacy video](#)



[American College of Physicians Health Literacy video](#)

Role of Libraries

HEALTHIER COMMUNITIES

Public Libraries

- Universally supported (almost)
- Are essential to community well-being
- Library systems support 95% of the population
- Play a critical role in promoting child and adult literacy
- Sources of consumer health information

LINKING SOCIAL SERVICES & HEALTH

DOI: 10.1377/hlthaff.2016.0724
HEALTH AFFAIRS 35,
NO. 11 (2016): 2030-2036
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The People-to-People Health
Foundation, Inc.

By Anna U. Morgan, Roxanne Dupuis, Bernadette D'Alonzo, Andria Johnson, Amy Graves, Kiahana L. Brooks, Autumn McClintock, Heather Klusaritz, Hillary Bogner, Judith A. Long, David Grande, and Carolyn C. Cannuscio

Beyond Books: Public Libraries As Partners For Population Health

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Amy Graves is a research assistant at the Center for

ABSTRACT Public libraries are not usually included in discussions about improving population health. They are, however, well positioned to be partners in building a culture of health through programming that addresses the social determinants of health. The Healthy Library Initiative, a partnership between the University of Pennsylvania and the Free Library of Philadelphia (the public library system that serves the city), has undertaken such efforts in Philadelphia. In this article we report findings from an assessment of how ten highly subscribed programs address the social determinants of health, as well as results of interviews with community residents and library staff. Of the 5.8 million in-person Free Library visits in 2015, 500,000 included attendance at specialized programs that addressed multiple health determinants, such as housing and literacy. Library staff provided intensive support to vulnerable populations including homeless people, people with mental illness and substance use, recent immigrants, and children and families suffering from trauma. We found that public libraries are trusted institutions that have broad population reach and untapped potential to improve population health.

Libraries are Partners in a Healthy Community

- Access to evidence-based up-to-date health information
- Safe environment to conduct health information searches
- Health related programming and outreach
- Model health behavior with work place wellness

**BECAUSE LIBRARIES
ARE PARTNERS
IN A HEALTHY
COMMUNITY.**

**LIBRARIES
TRANSFORM**[®]
ALA American Library Association

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Healthier Communities

- Have higher rates of education
- Stronger local economy
- Recover after a disaster more quickly and with less negative health issues
- Fewer chronic diseases including obesity
- Lower rates of chronic stress and mental fatigue
- Lower early death rates from cancer and diabetes

Evaluating Health Information

ABCs of Evaluation

■ Accuracy

- Is the information based on sound medical research?

■ Authority

- Who published the page?

■ Bias

- Is the author using data improperly to promote a position or a product?

■ Currency

- When was the page last updated?

■ Coverage

- Are there sources given for additional information?

■ Usability

- Is it user friendly and easy to navigate?

[NNLM Consumer Health guides](#)

Trust It or Trash It?

Trust It or Trash It?[About](#) | [Contact](#) | [Español](#)

1 Who said it?

2 When did they say it?

3 How did they know?

What is Trust It or Trash It?

This is a tool to help you think critically about the quality of health information (including websites, handouts, booklets, etc.). Click on *Who said it?* *When did they say it?* and *How did they know?* to guide you through the process.

 Have questions, comments or suggestions? [Send us a note.](#)

 [Click here](#) for a printer friendly version.

 The Quality Assessment Toolbox is for educational purposes only. Read our [disclaimer language.](#)

 Creating a resource? [Click here](#) for the developer version.

Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution 3.0 License. This tool is for educational purposes only.

|| DESIGN & DEVELOPMENT BY - WWW.PROJECTMISO.NET ||

[Trust It or Trash It](#)

Class exercise – evaluating websites


Break time!



The Resources

Google results

179,000,000 results



🔍

[All](#)
[News](#)
[Images](#)
[Videos](#)
[Books](#)
[More](#)
[Settings](#)
[Tools](#)

About 179,000,000 results (0.44 seconds)

What Is Autism? | Autism Speaks
<https://www.autismspeaks.org/what-autism> ▼
Autism, or autism spectrum disorder, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences.
[Symptoms](#) · [What is Autism](#) · [What causes autism?](#) · [How Is Autism Treated?](#)

People also ask

- What are the early signs of autism? ▼
- What are the 5 different types of autism? ▼
- What are the behaviors of autism? ▼
- What is the main cause of autism? ▼

[Feedback](#)

Autism Speaks: Home
<https://www.autismspeaks.org/> ▼
For Autism Speaks, 2017 was a pivotal year of progress toward fulfilling our mission objectives and strategic roadmap, which are dedicated to promoting ...


Symptoms | What is Autism? | Autism Speaks
<https://www.autismspeaks.org/what-autism/symptoms> ▼
Autism spectrum disorders (ASD) are characterized by social-interaction difficulties, communication challenges and a tendency to engage in repetitive behaviors. However, symptoms and their severity vary widely across these three core areas.
[Treatment](#) · [New Autism Speaks Sleep ...](#) · [What Treatments are Available ...](#)

Autism Society: Home
www.autism-society.org/ ▼
The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public ...

Autism - Wikipedia
<https://en.wikipedia.org/wiki/Autism> ▼
Autism is a developmental disorder characterized by troubles with social interaction and communication and by restricted and repetitive behavior. Parents usually notice signs in the first two or three years of their child's life.
Causes: Genetic and environmental factors **Treatment:** Early speech and behavioral interv...

Autism
Also called: autism spectrum disorder

[ABOUT](#) [SYMPTOMS](#) [TREATMENTS](#)



Impaired communication and social interaction

A serious developmental disorder that impairs the ability to communicate and interact.

Common
More than 200,000 US cases per year

- Treatment can help, but this condition can't be cured
- Chronic: can last for years or be lifelong
- Requires a medical diagnosis
- Lab tests or imaging rarely required

Autism spectrum disorder impacts the nervous system.
The range and severity of symptoms can vary widely. Common symptoms include difficulty with communication, difficulty with social interactions, obsessive interests, and repetitive behaviors.
Early recognition, as well as behavioral, educational, and family therapies may reduce symptoms and support development and learning.

MedlinePlus results

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search: autism GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools

Home → Search Results

748 results

Results 1 - 10 of 1,060 for **autism**

Related Topics

- Autism Spectrum Disorder
- Mitochondrial Diseases

Refine by Type

All Results (1,757)

- Health Topics (6)
- External Health Links (966)
- Drugs and Supplements (7)
- Medical Encyclopedia (24)
- MedlinePlus Magazine (8)
- Multiple Languages (4)
- National Institutes of Health (694)

Refine by Format

All Results (1,757)

- PDF (23)
- Images
- Videos (5)

- Autism Spectrum Disorder** (National Library of Medicine)
Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts ...
<https://medlineplus.gov/autismspectrumdisorder.html> - Health Topics
- Autism spectrum disorder**
Autism, Autistic disorder, Asperger syndrome; Childhood disintegrative disorder; Pervasive developmental disorder ... to better diagnosis and newer definitions of ASD. Autism spectrum disorder now includes syndromes that used to ...
<https://medlineplus.gov/ency/article/001526.htm> - Medical Encyclopedia
- Learning about Autism** (National Human Genome Research Institute)
Skip to main content Learning About Autism Enter Search Term(s): Español Research Funding An Overview Bioinformatics Current Grants Education and Training Funding Extramural Research News Features Funding Divisions Funding ...
<https://www.genome.gov/25522099> - External Health Links
- Autism - resources**
Resources - autism ... These organizations are good sources of information on autism : Association for Science in Autism Treatment - www.asatonline. ...
<https://medlineplus.gov/ency/article/002163.htm> - Medical Encyclopedia
- Autism Society** (Autism Society)
... Español Improving the lives of all affected by autism. The Autism Society is the nation's leading grassroots ... more Improving the lives of all affected by autism. The Autism Society is the nation's leading grassroots ...
www.autism-society.org - Other Resources
- Autism** (Nemours Foundation)
... School Counselors Kidney Stones Brain and Nervous System Autism KidsHealth > For Teens > Autism Print A A A ... it? And can it be treated? What Is Autism? Autism is a word that refers to a ...
<https://kidshealth.org/en/teens/autism.html> - External Health Links
- Kids' Quest: Autism** (Centers for Disease Control and Prevention)
... I Have Information For... Parents / Educators What is autism and how do I recognize a kid who might be diagnosed as having an autism spectrum disorder? Recommend on

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Autism Spectrum Disorder

Autism Spectrum Disorder
Also called: ASD, Pervasive developmental disorder (PDD)

On this page

Basics <ul style="list-style-type: none"> Summary Start Here Symptoms Diagnosis and Tests Treatments and Therapies 	Learn More <ul style="list-style-type: none"> Living With Related Issues Specifics Genetics 	See, Play and Learn <ul style="list-style-type: none"> Health Check Tools
Research <ul style="list-style-type: none"> Statistics and Research Clinical Trials Journal Articles 	Resources <ul style="list-style-type: none"> Find an Expert 	For You <ul style="list-style-type: none"> Children Teenagers Patient Handouts

Summary

Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders.

It is called a "spectrum" disorder because people with ASD can have a range of symptoms. People with ASD might have problems talking with you, or they might not look you in the eye when you talk to them.

signs of ASD, your child will have a comprehensive evaluation. It may include a team of specialists, doing various tests and evaluations to make a diagnosis.

The causes of ASD are not known. Research suggests that both genes and environment play important

MEDICAL ENCYCLOPEDIA

- Asperger syndrome
- Autism
- Childhood disintegrative disorder

Related Health Topics

- Child Behavior Disorders

The screenshot shows the MedlinePlus website interface. At the top, there's a blue header with the NIH logo and the text 'U.S. National Library of Medicine'. Below this is the MedlinePlus logo with the tagline 'Trusted Health Information for You'. A search bar is located on the right side of the header. Navigation links include 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support'. A language selector shows 'Español' circled in red. The main content area is divided into several sections: 'Health Topics' (with an apple icon), 'Drugs & Supplements' (with a pill icon), and 'Videos & Tools' (with a play button icon). Below these are 'Lab Test Information' (with a flask icon) and 'Medical Encyclopedia' (with a book icon). A central banner features a photo of various pills and a text box asking 'Need information on medications or supplements? Find them on our Drugs and Supplements page.' with a pagination control showing '1 2 3 4 II'. To the right of the banner is a 'Tweets by @MedlinePlus' section (circled in red) showing a tweet about food safety. Below the tweets is a 'Stay Connected' section with a newsletter sign-up form. To the right of the tweets is a 'NIH MedlinePlus Magazine' section (circled in red) featuring a magazine cover for 'RHEUMATOID ARTHRITIS'. Below the magazine is a 'Clinical Trials' section (circled in red) with a link to 'Search ClinicalTrials.gov for drug and treatment studies'. At the bottom, there are four icons with labels: 'Easy-to-Read Materials' (with a checkmark icon and an arrow pointing to it), 'Organizations and Directories' (with a group of people icon), 'Health Information in Multiple Languages' (with a globe icon), and 'MedlinePlus Connect for EHRs' (with a heart rate icon). Social media links for Twitter and Facebook are also present.

- Links to reliable, authoritative health websites
- Easy-to-read articles
- Lab test information
- Medical encyclopedia
- Social media presence
- Clinical Trials
- Links to local services
- English, Spanish and other languages
- MedlinePlus Magazine
- No Advertisements!

MedlinePlus

<https://medlineplus.gov/>

MedlinePlus- health topic search

[Home](#) → [Health Topics](#)

Health Topics

















Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [List of All Topics](#)

Body Location/Systems

-  [Blood, Heart and Circulation](#)
-  [Bones, Joints and Muscles](#)
-  [Brain and Nerves](#)
-  [Digestive System](#)
-  [Ear, Nose and Throat](#)
-  [Endocrine System](#)
-  [Eyes and Vision](#)
-  [Immune System](#)
-  [Kidneys and Urinary System](#)
-  [Lungs and Breathing](#)
-  [Mouth and Teeth](#)
-  [Skin, Hair and Nails](#)
-  [Female Reproductive System](#)
-  [Male Reproductive System](#)

Disorders and Conditions

- [Cancers](#)
- [Diabetes Mellitus](#)
- [Genetics/Birth Defects](#)
- [Infections](#)
- [Injuries and wounds](#)
- [Mental Health and Behavior](#)
- [Metabolic Problems](#)
- [Poisoning, Toxicology, Environmental Health](#)
- [Pregnancy and Reproduction](#)
- [Substance Abuse Problems](#)

Diagnosis and Therapy

- [Complementary and Alternative Therapies](#)
- [Diagnostic Tests](#)
- [Drug Therapy](#)
- [Surgery and Rehabilitation](#)
- [Symptoms](#)
- [Transplantation and Donation](#)

Demographic Groups

- [Children and Teenagers](#)
- [Men](#)
- [Population Groups](#)
- [Seniors](#)
- [Women](#)

Health and Wellness

- [Disasters](#)
- [Fitness and Exercise](#)
- [Food and Nutrition](#)
- [Health System](#)
- [Personal Health Issues](#)
- [Safety Issues](#)
- [Sexual Health Issues](#)
- [Social/Family Issues](#)
- [Wellness and Lifestyle](#)

[Home](#) → [Health Topics](#) → [Mental Health and Behavior](#)

Mental Health and Behavior



[ADD](#) see [Attention Deficit Hyperactivity Disorder](#)

[ADHD](#) see [Attention Deficit Hyperactivity Disorder](#)

[Adolescent Development](#) see [Teen Development](#)

[Agoraphobia](#) see [Phobias](#)

[Alzheimer's Disease](#)

[Amnesia](#) see [Memory](#)

[Anorexia Nervosa](#) see [Eating Disorders](#)

[Antidepressants](#)

[Antisocial Personality Disorder](#) see [Personality Disorders](#)

[Anxiety](#)

[Asperger Syndrome](#) see [Autism Spectrum Disorder](#)

[Attention Deficit Hyperactivity Disorder](#)

[Autism](#) see [Autism Spectrum Disorder](#)

[Autism Spectrum Disorder](#)

[Baby Blues](#) see [Postpartum Depression](#)

[Bereavement](#)

[Bi-polar Disorder](#) see [Bipolar Disorder](#)

[Binge Eating](#) see [Eating Disorders](#)

[Bipolar Disorder](#)

[Borderline Personality Disorder](#) see [Personality Disorders](#)

[Bulimia](#) see [Eating Disorders](#)

[Cancer--Living with Cancer](#)

[Child Behavior Disorders](#)

[Child Mental Health](#)


[Chronic Illness, Coping](#) see [Coping with Chronic Illness](#)

[Compulsive Gambling](#)

[Conduct Disorder](#) see [Child Behavior Disorders](#)

[Coping with Chronic Illness](#)

MedlinePlus- health topic page



Trusted Health Information for You

[Health Topics](#)
[Drugs & Supplements](#)
[Videos & Tools](#)

[Home](#) → [Health Topics](#) → [Teen Mental Health](#)

Teen Mental Health

On this page

Basics

- Summary
- Start Here
- Diagnosis and Tests
- Treatments and Therapies

Learn More

- Related Issues
- Specifics

See, Play and Learn

- Health Check Tools

Research

- Statistics and Research
- Clinical Trials
- Journal Articles

Resources

- Find an Expert

For You

- Teenagers
- Patient Handouts

Summary

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family and make big decisions. You can't avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you

- Often feel very angry or very worried
- Feel grief for a long time after a loss or death
- Think your mind is controlled or out of control
- Use alcohol or drugs
- Exercise, diet and/or binge-eat obsessively
- Hurt other people or destroy property
- Do reckless things that could harm you or others
- Feel depressed (sad and hopeless)

Mental health problems can be treated. To find help, talk to your parents, school counselor, or health care provider.

Start Here

- [Child and Adolescent Mental Health](#) (National Institute of Mental Health)

- [Mental Health Conditions](#) (Department of Health and Human Services, Office on Women's Health)
- [Understanding Your Teen's Emotional Health](#) (American Academy of Family Physicians)
Also in Spanish

Diagnosis and Tests

- [Comprehensive Psychiatric Evaluation](#) (American Academy of Child and Adolescent Psychiatry)
Also in Spanish
- [Mental Health and Teens: Watch for Danger Signs](#) (American Academy of Pediatrics)
Also in Spanish

Treatments and Therapies

- [11 Questions to Ask Before Psychiatric Hospitalization of Your Child or Adolescent](#) (American Academy of Child and Adolescent Psychiatry) - PDF
Also in Spanish
- [Antidepressant Medications for Children and Adolescents: Information for Parents and Caregivers](#) (National Institute of Mental Health)
- [Antidepressants for Children and Teens](#) (Mayo Foundation for Medical Education and Research)
Also in Spanish
- [Going to a Therapist](#) (Nemours Foundation)
Also in Spanish
- [Mental Health Medications](#) (National Institute of Mental Health)
- [Psychotherapies for Children and Adolescents](#) (American Academy of Child and Adolescent Psychiatry)
Also in Spanish
- [Residential Treatment Programs](#) (American Academy of Child and Adolescent Psychiatry)

Related Issues

- [BAM! Guide to Getting Along](#) (Centers for Disease Control and Prevention)
- [Coping with Cliques](#) (Nemours Foundation)
Also in Spanish
- [Dealing with a Health Condition](#) (Nemours Foundation)
Also in Spanish
- [Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do](#) (National Institute of Mental Health) **Easy-to-Read**
Also in Spanish
- [How Can I Deal with My Anger](#) (Nemours Foundation)
Also in Spanish
- [How Can I Help a Friend Who Cuts?](#) (Nemours Foundation)
Also in Spanish
- [Partnering with Your Child's School: A Guide for Parents](#) (HSC Foundation) - PDF
- [Peer Pressure](#) (Nemours Foundation)
Also in Spanish
- [Resilience for Teens: Got Bounce?](#) (American Psychological Association)

Self-Harm

Teen Depression

Also in Spanish

- [Trichotillomania](#) (Nemours Foundation)

Health Check Tools

- [How's Your Self-Esteem? \(Quiz\)](#) (Nemours Foundation)

Statistics and Research

- [Children's Mental Health: Data & Statistics](#) (Centers for Disease Control and Prevention)
- [Combinations of Types of Mental Health Services Received in the Past Year Among Young Adults](#) (Substance Abuse and Mental Health Services Administration)
- [Heritability Maps May Hold Clues to Delayed Onset of Mental Disorders](#) (National Institute of Mental Health)
- [Psychotropic Medication Use among Adolescents: United States, 2005-2010](#) (National Center for Health Statistics)
- [Therapy Reduces Risk in Suicidal Youth](#) (National Institute of Mental Health)
- [Use of Selected Nonmedication Mental Health Services by Adolescent Boys and Girls with Serious Emotional or Behavioral Difficulties: United States, 2010-2012](#) (National Center for Health Statistics)

Clinical Trials

- [ClinicalTrials.gov: Teen Mental Health](#) (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- [Article: Addressing Children's Mental Health.](#)
- [Article: The effect of Three-Circle Post Standing \(Zhanzhuang\) Qigong on the...](#)
- [Article: Examining the relationship between sports participation and youth developmental outcomes...](#)
- [Teen Mental Health -- see more articles](#)
- [Teen mental health problems -- see more articles](#)

Find an Expert

- [American Academy of Child and Adolescent Psychiatry](#)
- [Behavioral Health and Substance Abuse Treatment Services Locator](#) (Substance Abuse and Mental Health Services Administration)
- [KidsHealth](#) (Nemours Foundation)
- [National Institute of Mental Health](#)
- [National Suicide Prevention Lifeline](#) (Substance Abuse and Mental Health Services Administration)
Also in Spanish
- [Psychologist Locator](#) (American Psychological Association)

Searching MedlinePlus – search box

The screenshot shows the MedlinePlus website interface. At the top, the NIH logo and 'U.S. National Library of Medicine' text are visible. The MedlinePlus logo, with the tagline 'Trusted Health Information for You', is on the left. A search bar at the top right contains the text 'teen mental health' and a green 'GO' button. Below the search bar, there are links for 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support'. A navigation bar includes 'Health Topics', 'Drugs & Supplements', 'Videos & Tools', and a language option 'Español'. The main content area shows 'Home → Search Results' and a 'Search Help' link. On the left, there are two 'Refine by' sections: 'Refine by Type' and 'Refine by Format'. The 'Refine by Type' section lists categories like 'Health Topics (39)', 'External Health Links (1,435)', 'Drugs and Supplements (13)', 'Medical Encyclopedia (41)', 'MedlinePlus Magazine (6)', 'Multiple Languages (18)', and 'National Institutes of Health (316)'. The 'Refine by Format' section lists 'PDF (85)', 'Images', and 'Videos (7)'. The main search results area has a blue header 'Teen Mental Health' and a summary paragraph about being a teenager. Below this, it says 'Results 1 - 10 of 1,582 for teen mental health'. The first result is '1. Teen Mental Health (National Library of Medicine)' with a brief description and a link to the health topic page. A red box highlights the first result, and a red arrow points from the text '(National Library of Medicine) indicates a health topic page' to the first result.

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

teen mental health X GO

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Health Topics Drugs & Supplements Videos & Tools Español

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- Drugs and Supplements (13)
- Medical Encyclopedia (41)
- MedlinePlus Magazine (6)
- Multiple Languages (18)
- National Institutes of Health (316)

Refine by Format

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- PDF (85)
- Images
- Videos (7)

Teen Mental Health

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family, and make big decisions. You can't avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you


(Read more)


Results 1 - 10 of 1,582 for teen mental health

- Teen Mental Health** (National Library of Medicine)
Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family, and make big decisions. You can't avoid most of these ...
<https://medlineplus.gov/teenmentalhealth.html> - Health Topics
- Child and Adolescent Mental Health** (National Institute of Mental Health)
... Chats with Experts Clinical Trials Share Child and Adolescent Mental Health Overview
Teen Depression Study: Understanding Depression in Teenagers Join a ...
<https://www.nimh.nih.gov/.../index.shtml> - External Health Links
- ClinicalTrials.gov: Teen Mental Health** (National Institutes of Health)
<https://clinicaltrials.gov/search/open/term='mental+health'+AND+teen> - External Health Links
- Easy-to-Read**
... and Digestive and Kidney Diseases) Also in Spanish **Teen Mental Health** Bipolar Disorder in Children and **Teens** (National Institute ... **Teen Brain: Still Under Construction**

(National Library of Medicine)
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Home → Videos & Tools


Videos & Tools


   

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 **Health Videos**
View videos of anatomy and body systems and how diseases and conditions affect them.

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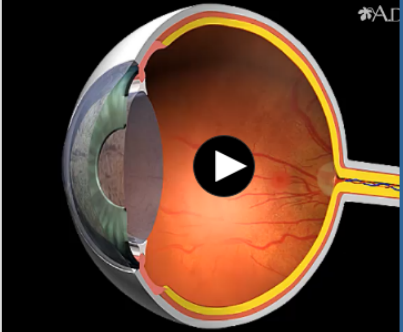
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Health Topics Drugs & Supplements Videos & Tools

Home → Videos & Tools → Health Videos → Macular degeneration

Macular degeneration

No audio description With audio description



For closed captioning, click the CC button in the upper right corner of the video player. Video player keyboard shortcuts

Overview

The macula is the part of the retina that distinguishes fine detail. Macular degeneration results from a partial breakdown of the choroid layer of blood vessels behind the retina. Macular vision only.

Review Date 8/15/2017

Updated by: Franklin W. Lusby, MD, ophthalmologist, Lusby reviewed by David Zieve, MD, MHA, Medical Director, Breck A.D.A.M. Editorial team.

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Immunization Schedules

Schedules Home

- For Health Care Professionals
- For Everyone: Easy-to-read Schedules
- Infants and Children
- Preteens and Teens
- Adults
- Display Immunization Schedules and Quiz on Your Website
- Web Buttons
- Past Immunization Schedules

The Adult Vaccine Quiz

What Vaccines do You need?

Adults need vaccines too! Take this quiz.

Vaccines are recommended for adults based on age, health, and travel. * This quiz provides information for people age 19 years and older.

Instructions:

- Answer the questions below.
- Get a list of vaccines you may need based on your answers.
- Discuss the list with your doctor or health care professional.

Questions:

- Are you?
 - Male
 - Female
- What year were you born? (some vaccines are age-related)
- Will you be traveling outside the U.S. in the near future?
 - Yes
 - No

Related Information

- Vaccines & Immunizations
- Vaccines You Need as an Adult

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Health Topics Drugs & Supplements Videos & Tools Español

Home → Videos and Tools → Evaluating Internet Health Information: A Tutorial from the National Library of Medicine

Evaluating Internet Health Information: A Tutorial from the National Library of Medicine

- This tutorial teaches you how to evaluate the health information that you find on the Web. It is about 16 minutes long.
- You need the Flash plug-in, version 8 or above, to view it. If you do not have Flash, you will be prompted to obtain a free download of the software before you start.
- The tutorial runs automatically, but you can also use the navigation bar at the bottom of the screen to go forward, backward, pause, or start over.

Start the tutorial



Learn how you can download a version of the tutorial for use when no Internet connection is available. Read the transcript of the tutorial.

NIH- National Institutes of Health

[NIH https://www.nih.gov/](https://www.nih.gov/)

U.S. Department of Health & Human Services

NIH National Institutes of Health
Turning Discovery Into Health

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Safe Sleep for Your Baby

Find out how to reduce the risk of SIDS and other sleep-related causes of infant death.

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In the News



Acute Flaccid Myelitis (AFM)
Information on this rare disease that affects the spinal cord in children.



Periodontal Disease
Researchers identify immune cells to bone loss in gum disease.

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Safeguarding Our Health Vaccines Protect Us All

[Send us your comments](#)

We share more than food and culture within our homes and communities. We can also spread disease. Luckily, we live in a time when vaccines can protect us from many of the most serious illnesses. Staying current on your shots helps you—and your neighbors—avoid getting and spreading disease.

Vaccines have led to large reductions in illness and death for both kids and adults, says Dr. David M. Koelle, a vaccine expert at the University of Washington in Seattle. One study estimated that, among U.S. children born from 1994 to 2013, vaccines will prevent about 322 million illnesses, 21 million hospitalizations, and 732,000 deaths.

Vaccines harness your **immune system**'s natural ability to detect and destroy disease-causing germs and then "remember" the best way to fight these germs in the future. Vaccination, or immunization, has completely eliminated naturally occurring smallpox worldwide—to the point that we no longer need to get shots against this fast-spreading, deadly disease. Polio has



Wise Choices

Recommended Vaccines

Talk to your doctor about these shots.

Learn more on the [CDC website](#):

- Bacterial meningitis
- Chickenpox
- Haemophilus influenzae type b
- Hepatitis A and Hepatitis B
- Cervical & other cancers caused by human papillomavirus (HPV)
- Influenza (flu)
- Measles, Mumps, and Rubella—MMR
- Pneumococcal pneumonia
- Rotavirus diarrhea
- Shingles
- Tetanus, Diphtheria, and Pertussis (whooping cough)—DTaP/Tdap

Links

- [Community Immunity](#)
- [Protect Yourself Against HPV](#)
- [Measles: Preventable with Vaccines](#)
- [How To Whip Whooping Cough](#)
- [Vaccines and Immunizations \(CDC\)](#)
- [Immunization Schedules for Everyone \(CDC\)](#)
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NIH Offices

NIH Office of the Director (OD)
The Office of the Director is the central office at NIH for its 27 Institutes and Centers. The OD is responsible for setting policy for NIH and for planning, managing, and coordinating the programs and activities of all the NIH components. OD program offices include the Office of AIDS Research and the Office of Research on Women's Health, among others.

NIH Institutes

National Cancer Institute (NCI) — Est. 1937
NCI leads a national effort to eliminate the suffering and death due to cancer. Through basic and clinical biomedical research and training, NCI conducts and supports research that will lead to a future in which we can prevent cancer before it starts, identify cancers that do develop at the earliest stage, eliminate cancers through innovative treatment interventions, and biologically control those cancers that we cannot eliminate so they become manageable, chronic diseases.

Quick Links

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NIA

NIAAA

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NIGMS

NIMH

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NIH National Institute of Arthritis and Musculoskeletal and Skin Diseases

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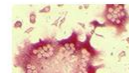
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 **Arthritis and Rheumatic Diseases**
Arthritis is a type of rheumatic disease. Rheumatic diseases usually affect joints.

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Multi-lingual and Multi-cultural

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NIH National Institutes of Health
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NIH information in Spanish <https://salud.nih.gov/>

NIH Biblioteca Nacional de Medicina de los EE. UU.

MedlinePlus
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¿Su dieta necesita un poco de color?
Visite nuestra [página sobre nutrición](#) para conocer cómo darle más variedad a su plato.

Tweets de @MedlinePlusEsp

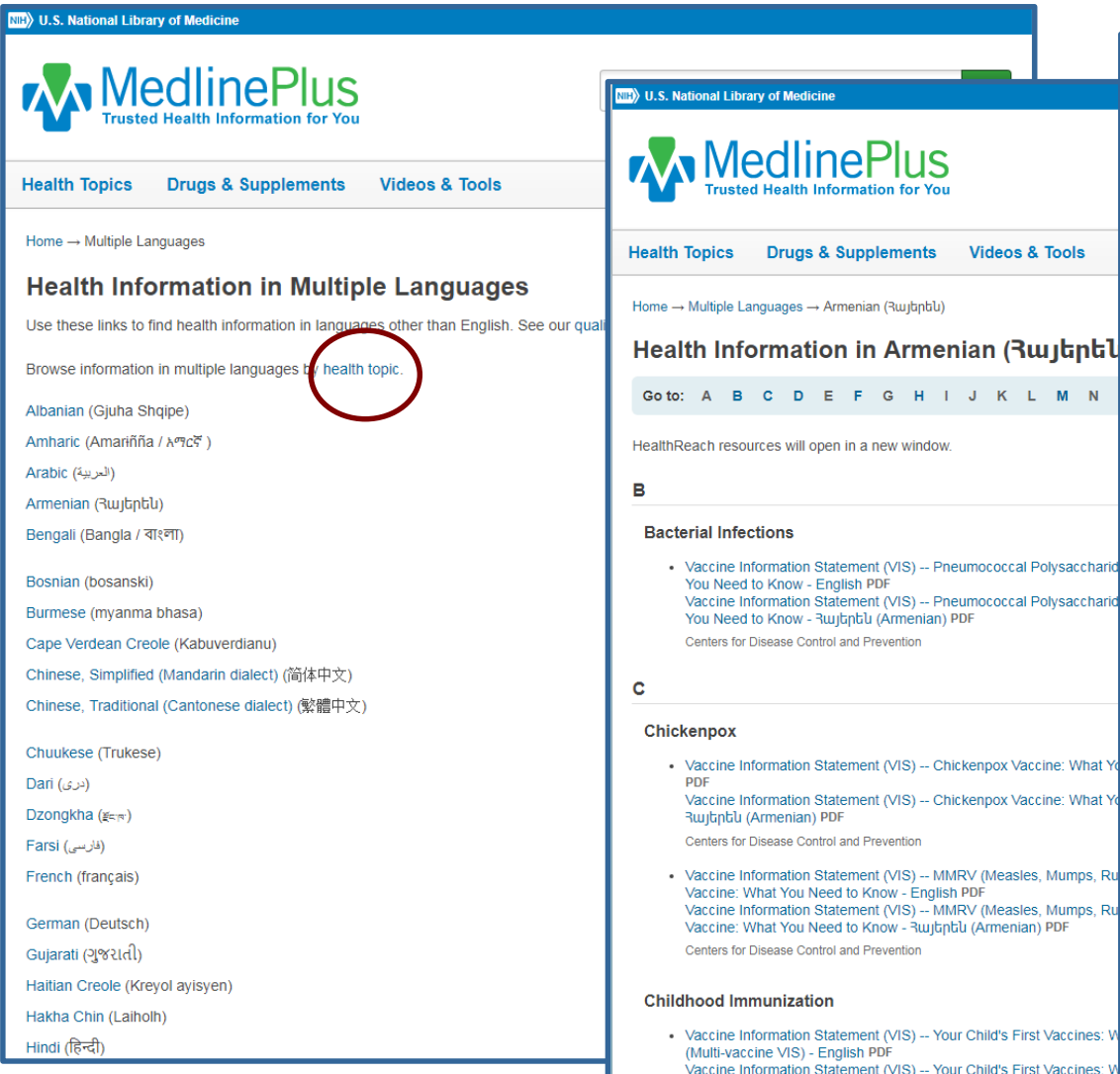
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MedlinePlus in Spanish

MedlinePlus- multiple languages



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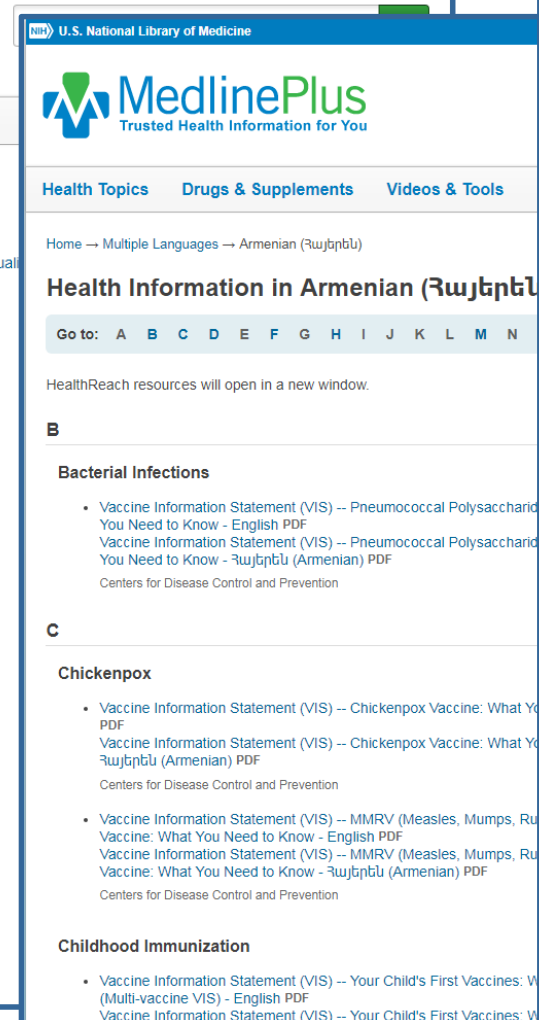
Home → Multiple Languages

Health Information in Multiple Languages

Use these links to find health information in languages other than English. See our qual...

Browse information in multiple languages to **health topic.**

- Albanian (Gjuha Shqipe)
- Amharic (Amariṯṯia / አማርኛ)
- Arabic (العربية)
- Armenian (Հայերեն)
- Bengali (Bangla / বাংলা)
- Bosnian (bosanski)
- Burmese (myanma bhasa)
- Cape Verdean Creole (Kabuverdianu)
- Chinese, Simplified (Mandarin dialect) (简体中文)
- Chinese, Traditional (Cantonese dialect) (繁體中文)
- Chuucese (Trukese)
- Dari (دري)
- Dzongkha (ཇོངཀ་)
- Farsi (فارسی)
- French (français)
- German (Deutsch)
- Gujarati (ગુજરાતી)
- Haitian Creole (Kreyol ayisyen)
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Home → Multiple Languages → Armenian (Հայերեն)

Health Information in Armenian (Հայերեն)

Go to: A B C D E F G H I J K L M N

HealthReach resources will open in a new window.

B

Bacterial Infections

- Vaccine Information Statement (VIS) -- Pneumococcal Polysaccharide Vaccine: What You Need to Know - English PDF
Vaccine Information Statement (VIS) -- Pneumococcal Polysaccharide Vaccine: What You Need to Know - Հայերեն (Armenian) PDF
Centers for Disease Control and Prevention

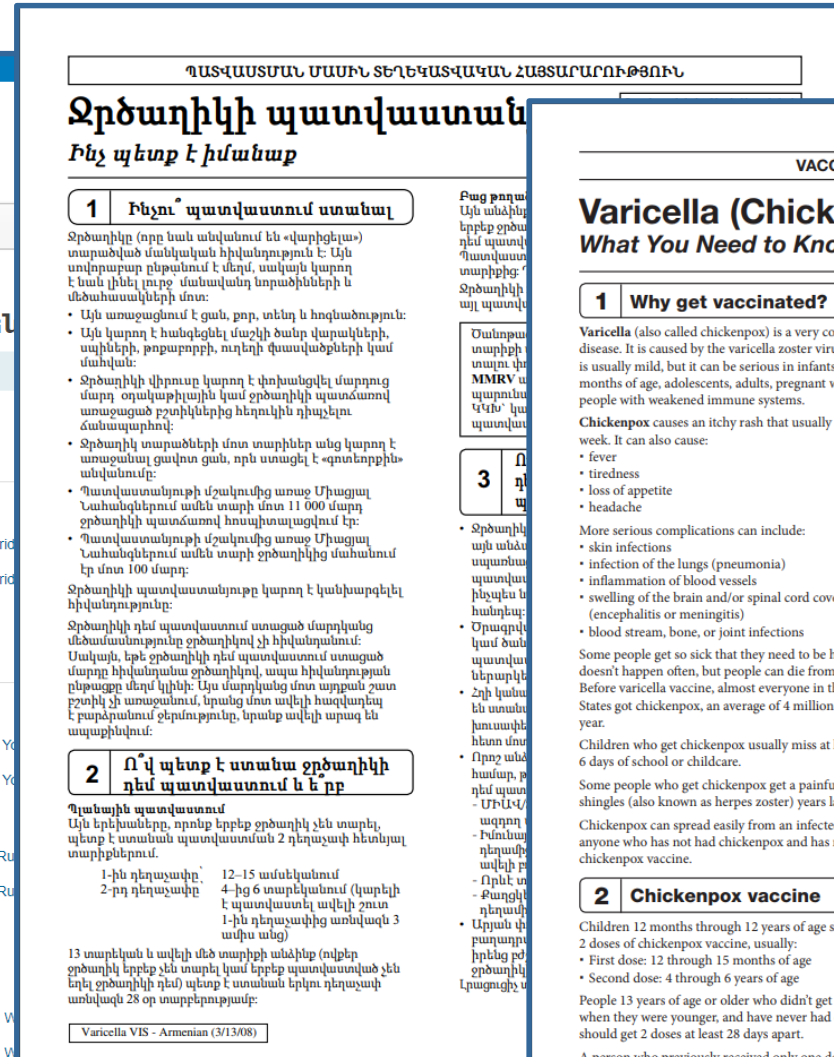
C

Chickenpox

- Vaccine Information Statement (VIS) -- Chickenpox Vaccine: What You Need to Know - English PDF
Vaccine Information Statement (VIS) -- Chickenpox Vaccine: What You Need to Know - Հայերեն (Armenian) PDF
Centers for Disease Control and Prevention

Childhood Immunization

- Vaccine Information Statement (VIS) -- Your Child's First Vaccines: What You Need to Know - English PDF
Vaccine Information Statement (VIS) -- Your Child's First Vaccines: What You Need to Know - Հայերեն (Armenian) PDF
Centers for Disease Control and Prevention



ՊԱՏԱՎԱՐԱՆԱԿԱՆ ՏԵՂԵԿԱՏՎԱԿԱՆ ՀԱՅՏԱՐԱՐՈՒԹՅՈՒՆ

Ջրծաղիկի պատվաստում

Ինչ պետք է իմանաք

1 Ինչու պատվաստում ստանալ

Ջրծաղիկը (որը նաև անվանում են «վարիցելա») տարածված մանկական հիվանդություն է: Այն տվորաբար ընթանում է մեղմ, սակայն կարող է նաև լինել լուրջ մահավանդ նորածինների և մեծահասակների մոտ:

- Այն առաջացնում է ցան, բոր, տեղ և հոգեանոթային:
- Այն կարող է հանգեցնել մաշկի ծանր վարակների, սպինների, թոքաբորբի, ուղեղի զնաղվածքների կամ մահվան:
- Ջրծաղիկի վիրուսը կարող է փոխանցվել մարդուց մարդու՝ օդակաթիլային կամ ջրծաղիկի պատճառով առաջացած բշտիկներից հեղուկին դիպելու ճանապարհով:
- Ջրծաղիկ տարածների մոտ տարիներ անց կարող է առաջանալ ցավոտ ցան, որն ստացել է «գոտեորբին» անվանումը:
- Պատվաստանյութի մշակումից առաջ Միացյալ Նահանգներում ամեն տարի մոտ 11 000 մարդ ջրծաղիկի պատճառով հոսպիտալացվում էր:
- Պատվաստանյութի մշակումից առաջ Միացյալ Նահանգներում ամեն տարի ջրծաղիկից մահանում էր մոտ 100 մարդ:

Ջրծաղիկի պատվաստանյութը կարող է կանխարգելել հիվանդությունը:

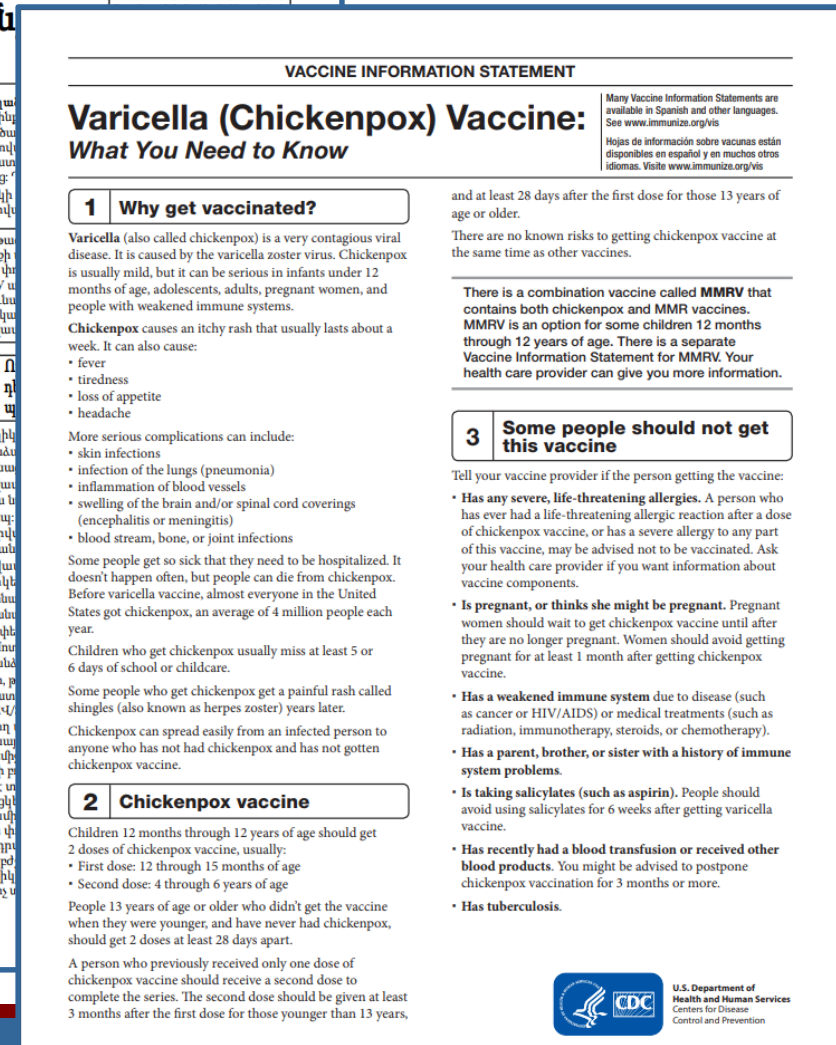
Ջրծաղիկի դեմ պատվաստում ստացած մարդկանց մեծամասնությունը ջրծաղիկով չի հիվանդանում: Սակայն, եթե ջրծաղիկի դեմ պատվաստում ստացած մարդը հիվանդանալով, ապա հիվանդության ընթացքը մեղմ կլինի: Այս մարդկանց մոտ այդքան շատ բշտիկ չի առաջանում, նրանց մոտ ավելի հազվադեպ է բարձրանում ջերմությունը, նրանք ավելի արագ են ապաքինվում:

2 Ո՞վ պետք է ստանա ջրծաղիկի դեմ պատվաստում և ե՞րբ

Պատվաստվելու պատվաստումը պետք է ստանալ 1-ին դեղաչափը՝ 12-15 ամսեկանում (կարելի է պատվաստել ավելի շուտ 1-ին դեղաչափից առնվազն 3 ամիս անց):

13 տարեկան և ավելի մեծ տարիքի անձինք (ովքեր ջրծաղիկ երբեք չեն տարել կամ երբեք պատվաստված չեն եղել ջրծաղիկի դեմ) պետք է ստանան երկու դեղաչափ՝ առնվազն 28 օր տարբերությամբ:

Varicella VIS - Armenian (3/13/08)



VACCINE INFORMATION STATEMENT

Varicella (Chickenpox) Vaccine: What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis.
Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis.

1 Why get vaccinated?

Varicella (also called chickenpox) is a very contagious viral disease. It is caused by the varicella zoster virus. Chickenpox is usually mild, but it can be serious in infants under 12 months of age, adolescents, adults, pregnant women, and people with weakened immune systems.

Chickenpox causes an itchy rash that usually lasts about a week. It can also cause:

- fever
- tiredness
- loss of appetite
- headache

More serious complications can include:

- skin infections
- infection of the lungs (pneumonia)
- inflammation of blood vessels
- swelling of the brain and/or spinal cord coverings (encephalitis or meningitis)
- blood stream, bone, or joint infections

Some people get so sick that they need to be hospitalized. It doesn't happen often, but people can die from chickenpox. Before varicella vaccine, almost everyone in the United States got chickenpox, an average of 4 million people each year.

Children who get chickenpox usually miss at least 5 or 6 days of school or childcare.

Some people who get chickenpox get a painful rash called shingles (also known as herpes zoster) years later.

Chickenpox can spread easily from an infected person to anyone who has not had chickenpox and has not gotten chickenpox vaccine.

2 Chickenpox vaccine

Children 12 months through 12 years of age should get 2 doses of chickenpox vaccine, usually:

- First dose: 12 through 15 months of age
- Second dose: 4 through 6 years of age

People 13 years of age or older who didn't get the vaccine when they were younger, and have never had chickenpox, should get 2 doses at least 28 days apart.

A person who previously received only one dose of chickenpox vaccine should receive a second dose to complete the series. The second dose should be given at least 3 months after the first dose for those younger than 13 years,

3 Some people should not get this vaccine

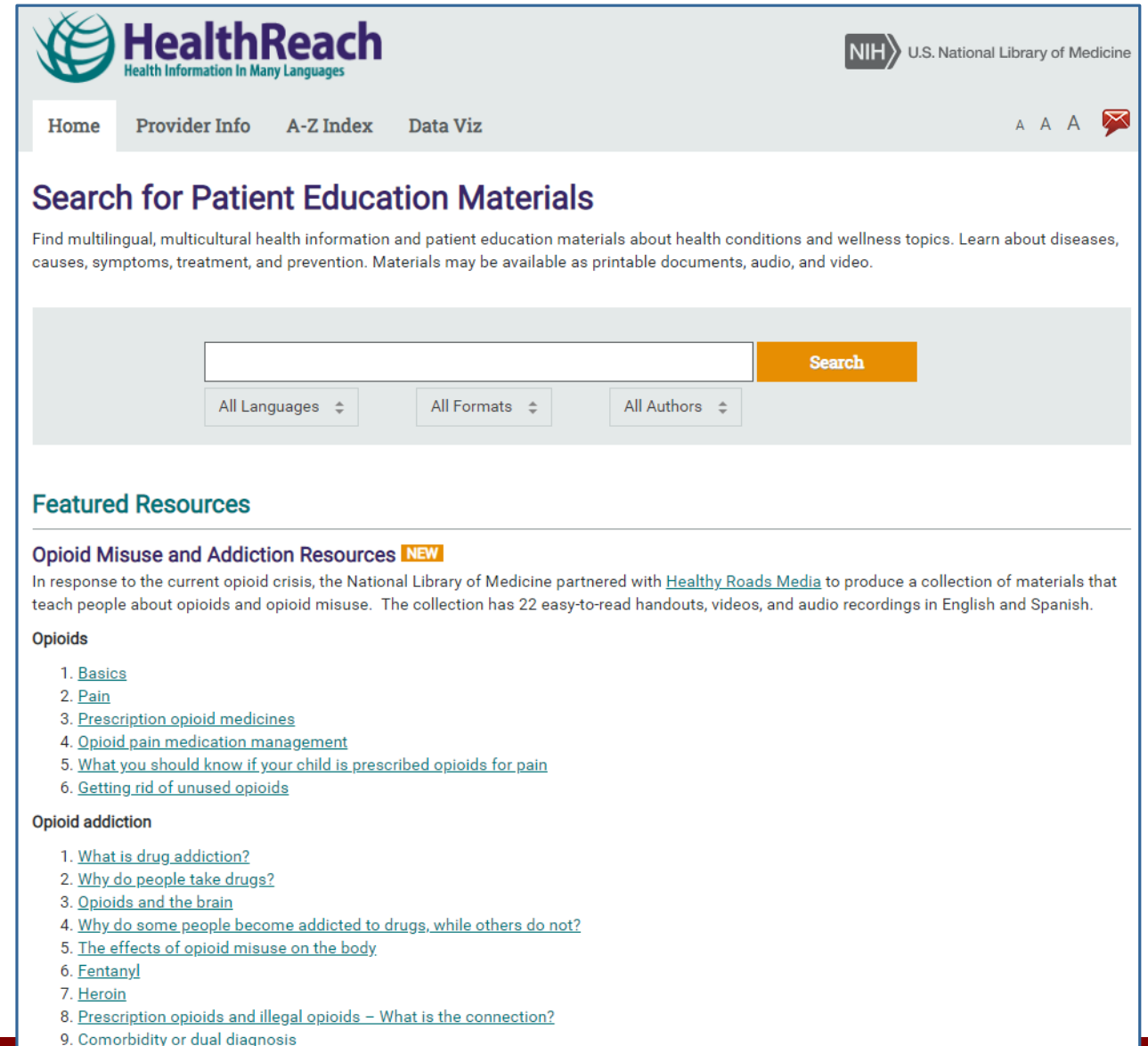
Tell your vaccine provider if the person getting the vaccine:

- Has any severe, life-threatening allergies.** A person who has ever had a life-threatening allergic reaction after a dose of chickenpox vaccine, or has a severe allergy to any part of this vaccine, may be advised not to be vaccinated. Ask your health care provider if you want information about vaccine components.
- Is pregnant, or thinks she might be pregnant.** Pregnant women should wait to get chickenpox vaccine until after they are no longer pregnant. Women should avoid getting pregnant for at least 1 month after getting chickenpox vaccine.
- Has a weakened immune system** due to disease (such as cancer or HIV/AIDS) or medical treatments (such as radiation, immunotherapy, steroids, or chemotherapy).
- Has a parent, brother, or sister with a history of immune system problems.**
- Is taking salicylates (such as aspirin).** People should avoid using salicylates for 6 weeks after getting varicella vaccine.
- Has recently had a blood transfusion or received other blood products.** You might be advised to postpone chickenpox vaccination for 3 months or more.
- Has tuberculosis.**

HealthReach

- Multilingual and multicultural
- Health education materials in various languages and formats
- Provider information
- National collaboration
- Submit your resources

[HealthReach](#)



The screenshot shows the HealthReach website, which is part of the U.S. National Library of Medicine. The header includes the HealthReach logo and navigation links: Home, Provider Info, A-Z Index, and Data Viz. A search bar is prominently displayed with a 'Search' button and filters for 'All Languages', 'All Formats', and 'All Authors'. Below the search bar, there is a section for 'Featured Resources' with a sub-header 'Opioid Misuse and Addiction Resources' marked as 'NEW'. This section provides a brief description of the resources and lists links for 'Opioids' and 'Opioid addiction'.

HealthReach
Health Information In Many Languages

NIH U.S. National Library of Medicine

Home Provider Info A-Z Index Data Viz

Search for Patient Education Materials

Find multilingual, multicultural health information and patient education materials about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video.

Search

All Languages All Formats All Authors

Featured Resources

Opioid Misuse and Addiction Resources **NEW**

In response to the current opioid crisis, the National Library of Medicine partnered with [Healthy Roads Media](#) to produce a collection of materials that teach people about opioids and opioid misuse. The collection has 22 easy-to-read handouts, videos, and audio recordings in English and Spanish.


Opioids

1. [Basics](#)
2. [Pain](#)
3. [Prescription opioid medicines](#)
4. [Opioid pain medication management](#)
5. [What you should know if your child is prescribed opioids for pain](#)
6. [Getting rid of unused opioids](#)


Opioid addiction

1. [What is drug addiction?](#)
2. [Why do people take drugs?](#)
3. [Opioids and the brain](#)
4. [Why do some people become addicted to drugs, while others do not?](#)
5. [The effects of opioid misuse on the body](#)
6. [Fentanyl](#)
7. [Heroin](#)
8. [Prescription opioids and illegal opioids – What is the connection?](#)
9. [Comorbidity or dual diagnosis](#)

HealthReach- patient materials



Health Information In Many Languages



U.S. National Library of Medicine

Home Provider Info A-Z Index Data Viz

A A A

Search for Patient Materials


Find culturally relevant information in multiple languages and formats about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video. Search by language, choose a format, or browse by keyword.

All Languages
All Formats
All Authors


1-10 of 18 results

10 per page

Title	Format	Languages
Influenza	Document	English; Chinese, Simplified (Mandarin dialect); Chinese, Traditional (Cantonese dialect); French; Hindi; Japanese; Korean; Russian; Somali; Spanish; Ukrainian
Flu and You	Document	English; Amharic; Arabic; Burmese; Dzongkha; Farsi; Karen; Kirundi; Nepali; Oromo; Somali; Spanish
Home Care for Pandemic Flu	Document	English; Arabic; Chinese, Simplified (Mandarin dialect); Chinese, Traditional (Cantonese dialect); French; Hindi; Japanese; Korean; Russian; Somali; Spanish; Vietnamese
Pandemic Flu : What It Is and How to Prepare	Document	English; Arabic; Chinese, Simplified (Mandarin dialect); Chinese, Traditional (Cantonese dialect); French; Hindi; Japanese; Korean; Russian; Somali; Spanish; Vietnamese
Vaccine Information Statement (VIS) – Influenza (Flu) Vaccine (Inactivated or Recombinant): What You Need to Know	Document	English; Amharic; Arabic; Armenian; Bengali; Burmese; Chinese, Simplified (Mandarin dialect); Chinese, Traditional (Cantonese dialect); Chuukese; Dari; Farsi; French; German; Haitian Creole; Hindi; Hmong; Ilocano; Indonesian; Japanese; Karen; Khmer; Kinyarwanda; Korean; Marshallese; Nepali; Oromo; Pashto; Polish;



Health Information In Many Languages



U.S. National Library of Medicine

Home Provider Info A-Z Index Data Viz

A A A

Back to Search Results

Flu and You

Resource Properties

Abstract:

This six-page brochure educates people about influenza (flu). It uses text and illustrations to show how the flu is spread, and discusses symptoms and prevention, handwashing, treatment, and when to seek emergency medical care. Contact information for the CDC is provided.

Author(s): Centers for Disease Control and Prevention

Country of Origin: United States

Medical Reviewer: Coming soon

Other Reviewer: Coming soon

Development Method: Resource developed in English and translated into other languages

Translation Method: Community review
This translation was evaluated by a representative or group from the community for accuracy and cultural relevance.

Community Participation: coming soon

Country: N/A

Population: N/A

Resource Creation Date: Coming soon

Copyright: In the Public Domain

Last Reviewed by Author(s): 8/2/2016

Record Last Updated: 8/7/2017


Access Resource

Language	Document	Video	Audio
English	Open (PDF, 2.96 MB)		
Amharic	Open (PDF, 2.98 MB)		
Arabic	Open (PDF, 2.94 MB)		
Burmese	Open (PDF, 2.93 MB)		
Dzongkha	Open (PDF, 4.32 MB)		
Farsi	Open (PDF, 2.9 MB)		
Karen	Open (PDF, 4.14 MB)		
Kirundi	Open (PDF, 2.93 KB)		
Nepali	Open (PDF, 2.96 KB)		
Oromo	Open (PDF, 2.93 KB)		
Somali	Open (PDF, 2.94 KB)		
Spanish	Open (PDF, 3.07 KB)		

Drug Information

INCLUDING HERBAL AND SUPPLEMENTS

MedlinePlus- Drugs & Supplements



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[Videos & Tools](#)
[Español](#)

[Home](#) → [Drugs, Herbs and Supplements](#)

Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:

A B C D E F G H I J K L M N O P Q R S T U
V W X Y Z 0-9



For FDA approved labels included in drug packages, see [DailyMed](#).

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

[All herbs and supplements](#)

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Related Topics

- [HIV/AIDS Medicines](#)
- [Antibiotics](#)
- [Antidepressants](#)
- [Blood Pressure Medicines](#)
- [Blood Thinners](#)
- [Cancer Alternative Therapies](#)
- [Cancer Chemotherapy](#)
- [Cold and Cough Medicines](#)
- [Complementary and Alternative](#)

MedlinePlus- drug information

NIH U.S. National Library of Medicine

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Trusted Health Information for You

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Home → Drugs, Herbs and Supplements → Drugs: O

Other drug names A-Z

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 0-9

Drugs: O

Obeticholic Acid

Obinutuzumab Injection

Ocaliva ® see Obeticholic Acid

Ocella ® (as a combination product containing Drospirenone, Ethinyl Estradiol) see Estrogen and Progestin (Oral Contraceptives)

Ocrelizumab Injection

Ocrevus ® see Ocrelizumab Injection

Octreotide Injection

Ocu-Cort ® (as a combination product containing Bacitracin Zinc, Hydrocortisone, Neomycin, Polymyxin B Sulfates) see Bacitracin Ophthalmic

Ocu-Mycin ® see Gentamicin Ophthalmic

Ocu-Tropine ® see Atropine Ophthalmic

Ocufen ® see Flurbiprofen Ophthalmic

Ocuflox ® see Ofloxacin Ophthalmic

Odefsey ® (as a combination product containing Emtricitabine, Rilpivirine, Tenofovir) see Emtricitabine, Rilpivirine, and Tenofovir

Odomzo ® see Sonidegib

Ofatumumab Injection

Ofev ® see Nintedanib

Ofirmev ® see Acetaminophen Injection

Ofloxacin

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Health Topics **Drugs & Supplements** **Videos & Tools** **Español**

Home → Drugs, Herbs and Supplements → Oxycodone

Oxycodone
pronounced as (ox i koe' done)

✉ ☎ 📘 🐦 📧

<p>Why is this medication prescribed?</p> <p>How should this medicine be used?</p> <p>Other uses for this medicine</p> <p>What special precautions should I follow?</p> <p>What special dietary instructions should I follow?</p> <p>What should I do if I forget a dose?</p>	<p>What side effects can this medication cause?</p> <p>What should I know about storage and disposal of this medication?</p> <p>In case of emergency/overdose</p> <p>What other information should I know?</p> <p>Brand names</p> <p>Brand names of combination products</p>
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IMPORTANT WARNING:

Oxycodone may cause serious or life-threatening breathing problems, especially during the first 24 to 72 hours of your treatment and any time your dose is increased. Your doctor will monitor you carefully during your treatment. Tell your doctor if you have or have ever had slowed breathing or asthma. Your doctor will probably tell you not to take oxycodone. Also tell your doctor if you have or have ever had lung disease such as chronic obstructive pulmonary disease (COPD; a group of diseases that affect the lungs and airways), a head injury or any condition that increases the amount of pressure in your brain. The risk that you will develop breathing problems may be higher if you are an older adult or are weak or malnourished due to disease. If you experience any of the following symptoms, call your doctor immediately or get emergency medical treatment: slowed breathing, long pauses between breaths, or shortness of breath.

Taking certain other medications with oxycodone may increase the risk of serious or life-threatening breathing problems, sedation, or coma. Tell your doctor and pharmacist if you are taking or plan to take any of the following medications: certain antibiotics such as clarithromycin (Biaxin, in PrevPac) and erythromycin (Erytab, Erythrocin); certain antifungal medications including itraconazole (Onmel, Sporanox), ketoconazole (Nizoral), and voriconazole (Vfend); benzodiazepines such as alprazolam (Xanax), chlordiazepoxide (Librium), clonazepam (Klonopin), diazepam (Dialstat, Valium), estazolam, flurazepam, lorazepam (Ativan), oxazepam, temazepam (Restoril), and triazolam (Halcion); carbamazepine (Carbatrol, Epitol, Equetro, Tegretol, Teril); medications for mental illness, nausea or pain; muscle relaxants; certain medications for human immunodeficiency virus (HIV) including indinavir (Crixivan), nelfinavir (Viracept), and ritonavir (Norvir, in Kaletra); phenytoin (Dilantin, Phenytek); rifabutin (Mycobutin), rifampin (Rifadin, Rimactane, in Rifamate); sedatives; sleeping pills; or tranquilizers. Your doctor may need to change the doses of your medication and will monitor you carefully. If you take oxycodone with any of these medications and you develop any of the following symptoms, call your doctor immediately or seek emergency medical care: unusual dizziness

MedlinePlus- herbs and supplements

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Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, special precautions, and more.

Browse by generic or brand name:

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V W X Y Z 0-9

For FDA approved labels included in drug packages, see [DailyMed](#).

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual and drug interactions.

All herbs and supplements

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Home → Drugs, Herbs and Supplements → Herbs and Supplements

Herbs and Supplements

Go to: A B C D E F G H I J K L M N O P Q R S T

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

A

- [Acai](#) (National Center for Complementary and Integrative Health)
- [Activated Charcoal](#) (Natural Medicines Comprehensive Database)
- [Alfalfa](#) (Natural Medicines Comprehensive Database)
- [Aloe Vera](#) (National Center for Complementary and Integrative Health)
- [American Ginseng](#) (Natural Medicines Comprehensive Database)
- [Aristolochic Acids](#) (National Toxicology Program) - PDF
- [Arnica](#) (Natural Medicines Comprehensive Database)
- [Ashwagandha](#) (Natural Medicines Comprehensive Database)
- [Asian Ginseng](#) (National Center for Complementary and Integrative Health)
- [Astragalus](#) (National Center for Complementary and Integrative Health)

B

- [Bacillus Coagulans](#) (Natural Medicines Comprehensive Database)
- [Bee Pollen](#) (Natural Medicines Comprehensive Database)
- [Belladonna](#) (Natural Medicines Comprehensive Database)
- [Berberine](#) (Natural Medicines Comprehensive Database)
- [Beta-Carotene](#) (Natural Medicines Comprehensive Database)
- [Bifidobacteria](#) (Natural Medicines Comprehensive Database)
- [Bilberry](#) (National Center for Complementary and Integrative Health)

NIH National Institutes of Health
Office of Dietary Supplements

Strengthening Knowledge and Understanding of Dietary Supplements

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Health Information News & Events For Researchers About ODS

Health Information

Other Resources Health Professional Datos en español Consumer

Calcium

Fact Sheet for Consumers

Table of Contents

- [What is calcium and what does it do?](#)
- [How much calcium do I need?](#)
- [What foods provide calcium?](#)
- [What kinds of calcium dietary supplements are available?](#)
- [Am I getting enough calcium?](#)
- [What happens if I don't get enough calcium?](#)
- [What are some effects of calcium on health?](#)
- [Can calcium be harmful?](#)
- [Are there any interactions with calcium that I should know about?](#)
- [Calcium and healthful eating](#)
- [Where can I find out more about calcium?](#)
- [Disclaimer](#)

What is calcium and what does it do?

Calcium is a mineral found in many foods. The body needs calcium to maintain strong bones and to carry out many important functions. Almost all calcium is stored in bones and teeth, where it supports their structure and hardness.

The body also needs calcium for muscles to move and for nerves to carry messages between the brain and every body part. In addition, calcium is used to help blood vessels move blood throughout the body and to help release [hormones](#) and [enzymes](#) that affect almost every function in the human body.

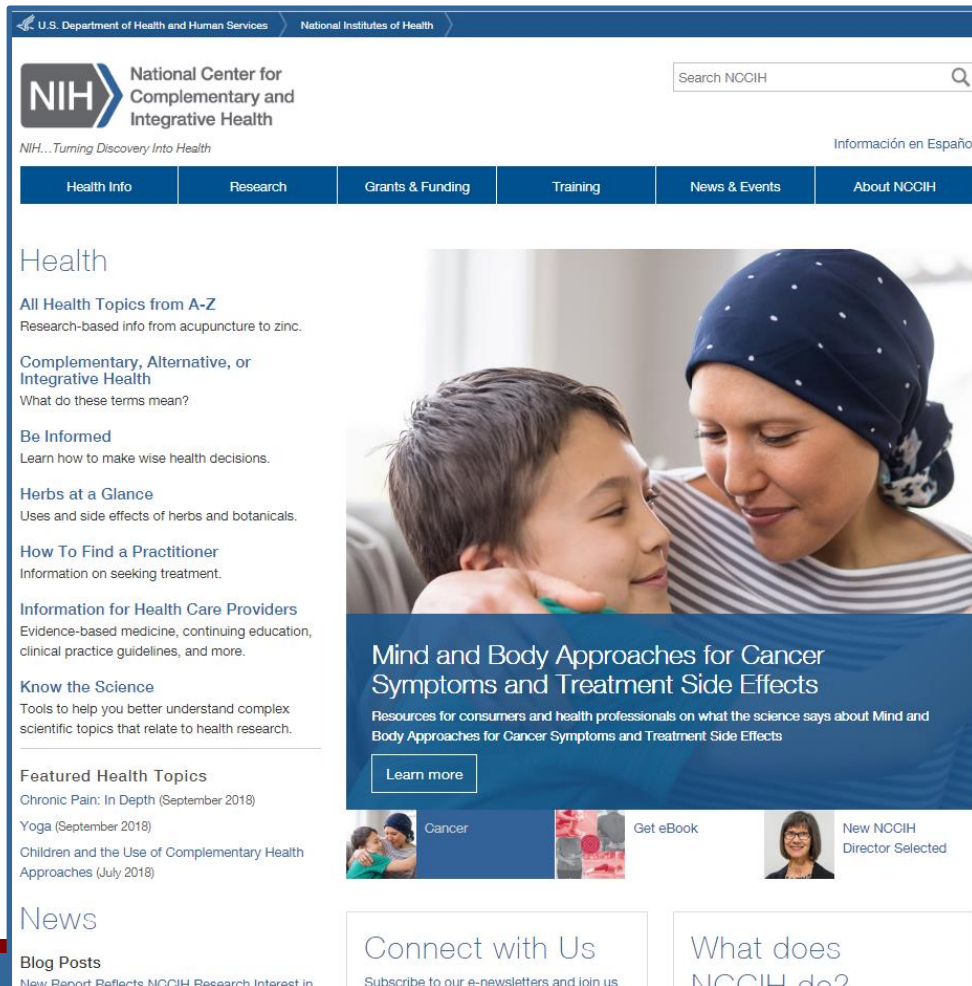
How much calcium do I need?

The amount of calcium you need each day depends on your age. Average daily recommended amounts are listed below in milligrams (mg):

Life Stage	Recommended Amount
Birth to 6 months	200 mg
Infants 7–12 months	260 mg
Children 1–3 years	700 mg
Children 4–8 years	1,000 mg
Children 9–13 years	1,300 mg
Teens 14–18 years	1,300 mg

Have a question?
Ask ODS: ods.od.nih.gov/contact

National Center for Complementary and Integrative Health (NCCIH)



The screenshot shows the NCCIH website homepage. At the top, there's a navigation bar with "U.S. Department of Health and Human Services" and "National Institutes of Health". Below this is the NCCIH logo and a search bar. A horizontal menu contains links for "Health Info", "Research", "Grants & Funding", "Training", "News & Events", and "About NCCIH". The main content area is titled "Health" and lists various topics: "All Health Topics from A-Z", "Complementary, Alternative, or Integrative Health", "Be Informed", "Herbs at a Glance", "How To Find a Practitioner", "Information for Health Care Providers", and "Know the Science". A large featured banner for "Mind and Body Approaches for Cancer Symptoms and Treatment Side Effects" is prominent, with a "Learn more" button. Below the banner, there are smaller sections for "Featured Health Topics" (Chronic Pain, Yoga, Children and the Use of Complementary Health Approaches) and "News" (Blog Posts). At the bottom, there are links to "Connect with Us" and "What does NCCIH do?".

- Health topics
- How to make health decisions
- Herbs at a Glance
- Finding a practitioner
- Know the Science





NCCIH

NCCIH- Herbs


NIH...Turning Discovery Into Health Información en Español

Health Info Research Grants & Funding Training News & Events About NCCIH

Herbs at a Glance

Share:    

Herbs at a Glance is a series of brief fact sheets that provides basic information about specific herbs or botanicals—common names, what the science says, potential side effects and cautions, and resources for more information.



© Steven Foster

- Acai
- Aloe Vera
- Asian Ginseng
- Astragalus
- Bilberry
- Bitter Orange
- Black Cohosh
- Bromelain
- Butterbur
- Cat's Claw
- Chamomile
- Chasteberry
- Cinnamon
- Cranberry
- Dandelion
- Echinacea
- Ephedra
- European Elder
- European Mistletoe
- Evening Primrose Oil
- Fenugreek
- Feverfew
- Flaxseed and Flaxseed Oil
- Garcinia Cambogia
- Garlic
- Ginger
- Ginkgo
- Goldenseal
- Grape Seed Extract
- Green Tea
- Hawthorn
- Hoodia
- Horse Chestnut
- Kava
- Lavender
- Licorice Root
- Milk Thistle
- Noni
- Passionflower
- Peppermint Oil
- Pomegranate
- Red Clover
- Rhodiola
- Sage
- Saw Palmetto
- Soy
- St. John's Wort
- Tea Tree Oil
- Thunder God Vine
- Turmeric
- Valerian
- Yohimbe

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 **How might herbs interact with medicines?**
Learn about herb-drug interactions.

NIH National Center for Complementary and Integrative Health

NIH...Turning Discovery Into Health

Health Info Research Grants & Funding Training

HerbList App

Share:    

Put an herb database in the palm of your hand

Download HerbList™ – NCCIH's app for research-based information about the safety and effectiveness of herbal products.

Download the HerbList app today.

Download on the App Store

GET IT ON Google Play

The herb info you need in an on-the-go package

HerbList gives you fast, free access to science-based summaries on more than 50 popular herbs, such as aloe, chamomile, ginger, and turmeric. Features include:

- Information on the herbs' common names, history, and uses, plus what the science says about their effectiveness for health purposes
- Easy-to-find facts on potential safety problems, side effects, and herb-drug interactions
- A quick way to select your favorites, so that you can talk about them later with your doctor or pharmacist
- The option to work offline! No Internet connection is required for in-app navigation.

Find out what the science says about popular herbs

Shopping for herbal products? Take your herb database with you to the supermarket or drugstore. With HerbList on your phone or tablet, you'll have information on the science and safety of popular herbs at your fingertips when you need it most.

Get the facts about herbs from a trusted source—the National Institutes of Health. Download HerbList to your phone or tablet.

NNLM class - Will Duct Tape Cure My Warts?

Will Duct Tape Cure My Warts? Examining Complementary and Alternative Medicine

The goal of this class is to increase understanding of Complementary and Alternative Medicine (CAM). Students will learn the history of CAM and its impact on medical practices. They will learn how CAM is used, how to avoid "bad science" and how to look up evidence of the effectiveness of CAM therapies. This class is offered in person for 2 and 4 CE, and via Moodle for 8CE. Both classes will include lecture, discussion, and hands-on training.

Objectives

- Have knowledge of the definition and types of Complementary and Alternative Medicine (CAM).
- Have greater knowledge of the history of CAM and its impact on medical practice.
- Have greater understanding of usage of CAM.
- Increase confidence in evaluating health websites.
- Increase skills in avoiding "bad science" found on the Internet or in the news.
- Become more proficient in searching for evidence of the effectiveness of CAM.

Course Materials

2 CE hour class

- [Agenda](#)
- [Pretest](#)
- [PowerPoint](#)

Upcoming Classes

Will Duct Tape Cure My Warts? Examining Complementary and Alternative Medicine

[Additional Details](#)

Monday, January 6, 2020 to Friday, February 14, 2020

Region/Office:
National

Instructor(s):
Dana Abbey

[Log in to register](#)

- Have knowledge of the definition and types of Complementary and Alternative Medicine (CAM).
- Have greater knowledge of the history of CAM and its impact on medical practice.
- Have greater understanding of usage of CAM.
- Become more proficient in searching for evidence of the effectiveness of CAM.

Pillbox

Pillbox

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Identify or search
Start by selecting character

Name or Ingredient

Imprint

Shape

Name or Ingredient

513

Capsule


Yellow

Inactive Ingredient


Q

CLEAR ALL


Advanced Search >




AN 513
Salsalate




AN 513
Salsalate




AN 513
Salsalate



AN 513
Salsalate



About Pillbox
The Pillbox website was developed to help quickly identify medications



Developers
Pillbox's data and images API is powerful tool for drug identification


Contact Us
Do you have a question or comment about Pillbox? Need help learning

Statistics, Data & Images
Pillbox is one of the largest free databases of prescription and over-

Specific Health Topics

DIET, EXERCISE, CANCER, MENTAL HEALTH, SUBSTANCE ABUSE

MedlinePlus diet and exercise



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[Home](#) → [Health Topics](#)

Health Topics

Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

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[Home](#) → [Healthy Recipe of the Week](#)

Healthy Recipe of the Week



Staying healthy can be a challenge, but simple lifestyle changes can help a lot – like eating healthy and being physically active. Research shows that engaging in these health-promoting behaviors can help reduce the risk of heart attack and stroke.

These recipes show you how to prepare tasty, healthy meals. They use fat-free milk, small amounts of vegetable oil, lean cuts of meat, poultry without the skin, fish, beans, whole grains, fruits, vegetables, and lots of fresh herbs and spices for flavor. Follow these heart healthy tips to start a tradition of healthy eating in your family.



Classic Macaroni and Cheese
45 minutes



Pupusas Revueltas
55 minutes



Mango Shake
5 minutes



Apple Coffee Cake
50 minutes

Go4Life

 from the National Institute on Aging at NIH

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Get Ready! Get Moving! *Go4Life!*
Celebrate *Go4Life Month* in September!

[GET INVOLVED](#)



ACTIVITIES

Help older adults get ready and get moving during *Go4Life Month*.

[Plan activities for each week.](#)



EXERCISE

Include endurance, strength, balance, and flexibility in your *Go4Life Month* plans.

[Try all 4 types of exercise.](#)




MOTIVATION

Inspire others to move more, be safe, and track their exercise progress.


[Share social media messages.](#)

[Go4Life](#)


 from the National Institute on Aging at NIH

Search

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 **BALANCE**


Heel-to-Toe Walk



Having good balance is important for many everyday activities, such as going up and down stairs.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toe of your other foot.
4. Repeat for 20 steps.

TIP: If you are unsteady on your feet, try doing this exercise near a wall so you can steady yourself if you need to.



Go4Life Exercise—Heel-to-Toe Walk

BALANCE

Heel to Toe Walk

MedlinePlus- Cancers

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Health Topics

Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

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Colorectal Cancer

Also called: [Colon cancer](#), [Rectal cancer](#)

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Summary

The colon and rectum are part of the large intestine. Colorectal cancer occurs when tumors form in the lining of the large intestine. It is common in both men and women. The risk of developing colorectal cancer rises after age 50. You're also more likely to get it if you have [colorectal polyps](#), a family history of colorectal cancer, [ulcerative colitis](#) or [Crohn's disease](#), eat a diet high in fat, or smoke.

Symptoms of colorectal cancer include

- Diarrhea or constipation
- A feeling that your bowel does not empty completely
- Blood (either bright red or very dark) in your stool
- Stools that are narrower than usual
- Frequent gas pains or cramps, or feeling full or bloated
- Weight loss with no known reason
- Fatigue
- Nausea or vomiting

Because you may not have symptoms at first, it's important to have screening tests. Everyone over 50 should get screened. Tests include [colonoscopy](#) and tests for blood in the stool. Treatments for colorectal cancer include surgery, chemotherapy, radiation, or a combination. Surgery can usually cure it when it is found early.

NIH: National Cancer Institute

Get Colorectal Cancer updates by email

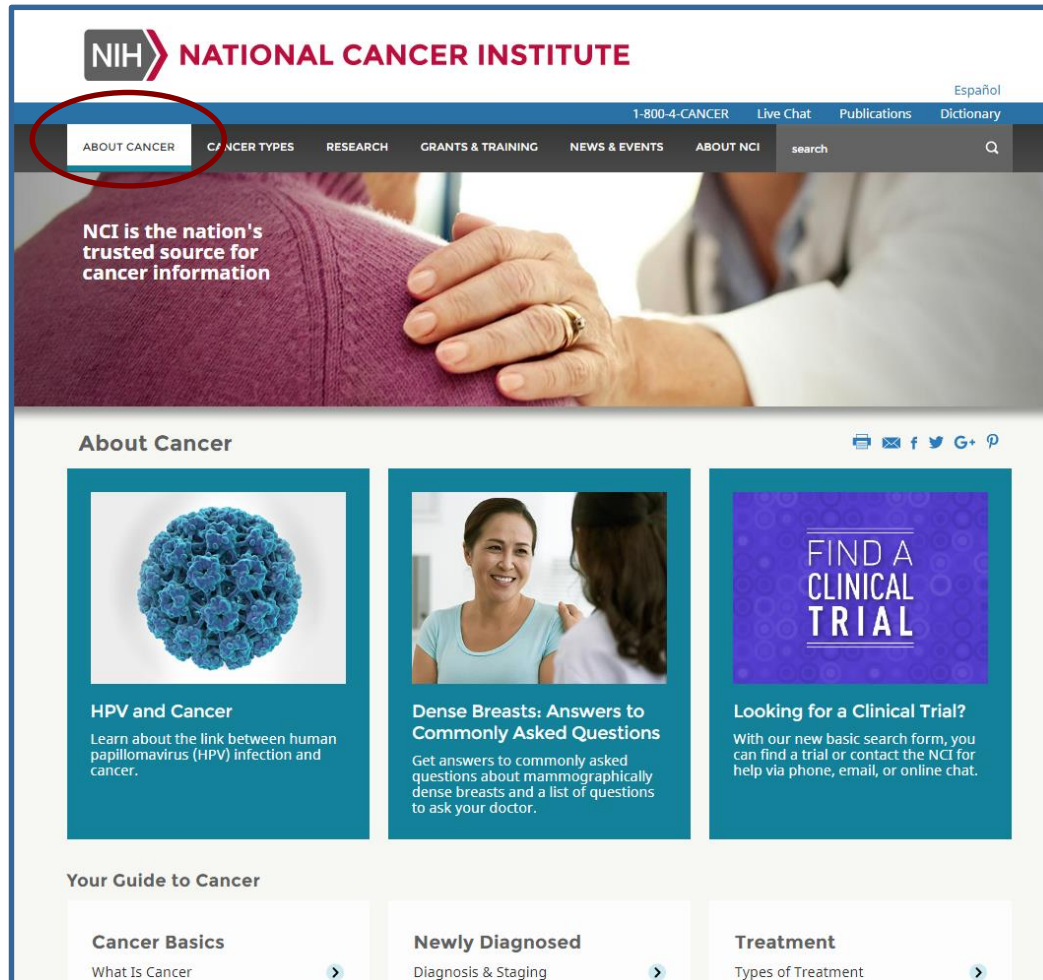
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MEDICAL ENCYCLOPEDIA

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- [Abdominal exploration](#)
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National Cancer Institute



NIH NATIONAL CANCER INSTITUTE

1-800-4-CANCER Live Chat Publications Dictionary

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Spanish

NCI is the nation's trusted source for cancer information

About Cancer

HPV and Cancer
Learn about the link between human papillomavirus (HPV) infection and cancer.

Dense Breasts: Answers to Commonly Asked Questions
Get answers to commonly asked questions about mammographically dense breasts and a list of questions to ask your doctor.

FIND A CLINICAL TRIAL
Looking for a Clinical Trial?
With our new basic search form, you can find a trial or contact the NCI for help via phone, email, or online chat.

Your Guide to Cancer

Cancer Basics
What Is Cancer

Newly Diagnosed
Diagnosis & Staging

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Types of Treatment



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Skin Cancer (Including Melanoma)–Patient Version

Go to Health Professional Version

OVERVIEW

The skin protects against heat, sunlight, injury, and infection. Skin also helps control body temperature and stores water and fat. Skin cancer is the most common type of cancer. It usually forms in skin that has been exposed to sunlight, but can appear anywhere on the body.

Skin has several layers. Skin cancer begins in the epidermis (outer layer), which is made up of squamous cells, basal cells, and melanocytes.

There are several different types of skin cancer. Squamous cell and basal cell skin cancers are sometimes called nonmelanoma skin cancers. Nonmelanoma skin cancer usually responds to treatment and rarely spreads to other parts of the body. Melanoma is more aggressive than most other types of skin cancer. If it isn't diagnosed early, it is likely to invade nearby tissues and spread to other parts of the body. The number of cases of melanoma is increasing each year. Only 2 percent of all skin cancers are melanoma, but it causes most deaths from skin cancer.

Rare types of skin cancer include Merkel cell carcinoma, skin lymphoma, and Kaposi sarcoma.

Treatment

PDQ Treatment Information for Patients

- Skin Cancer Treatment
- Melanoma Treatment
- Merkel Cell Carcinoma Treatment

More information

- Unusual Cancers of Childhood Treatment (PDQ®)
- Late Effects of Treatment for Childhood Cancer (PDQ®)
- Drugs Approved for Skin Cancer
- Drugs Approved for Melanoma
- Clinical Trials to Treat Skin Cancer (Nonmelanoma)
- Clinical Trials to Treat Melanoma
- Clinical Trials to Treat Merkel Cell Carcinoma

RESEARCH

- Checkpoint Inhibitors Hold Promise for Rare Melanoma
- Nivolumab Improves Survival for Some Patients with Advanced Melanoma
- Immune, Targeted Therapies May Delay Melanoma Recurrence
- Personalized Treatment Vaccines for Melanoma

View more research

CAUSES & PREVENTION

SCREENING

[National Cancer Institute](https://www.cancer.gov/) <https://www.cancer.gov/>

MedlinePlus- Mental/Behavioral Health

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Anxiety

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MEDICAL ENCYCLOPEDIA

- Agitation
- Generalized anxiety disorder
- Generalized anxiety disorder - children
- Generalized anxiety disorder -- self-care
- Hyperventilation
- Palliative care - fear and anxiety
- Separation anxiety in children
- Stress and your health

Related Health Topics

- Obsessive Compulsive Disorder

Summary

Fear and anxiety are part of life. You may feel anxious before you take a test or walk down a dark street. This kind of anxiety is useful - it can make you more alert or careful. It usually ends soon after you are out of the situation that caused it. But for millions of people in the United States, the anxiety does not go away, and gets worse over time. They may have chest pains or nightmares. They may even be afraid to leave home. These people have anxiety disorders. Types include

- Panic disorder
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Phobias
- Generalized anxiety disorder

Treatment can involve medicines, therapy or both.

NIH: National Institute of Mental Health

Start Here

- Anxiety Disorders (American Psychiatric Association)
- Anxiety disorders (Department of Health and Human Services, Office on Women's Health)
Also in Spanish
- Understanding Anxiety Disorders: When Panic, Fear, and Worries Overwhelm

MentalHealth.gov and SAMHSA

MentalHealth.gov
Let's talk about it.

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Basics
What To Look For
Talk About Mental Health
How To Get Help

Help For Veterans

Service members, veterans and their families are at risk for mental health problems, too.

[Learn more...](#)

[ISMICC Webcast](#)
[Consumer Guide](#)
[Suicide Prevention](#)
[Veterans](#)

Featured Topics

Eating Disorders

Extreme emotions, attitudes, and behaviors involving weight and food is a kind of mental health problem. Read more about the causes, symptoms and how to get help.

Mental Health Experts, Resources

Find a local organization that can help you coordinate a community event, organize support groups, or provide general info.

Help for Young People

OK2TALK is a community for teens and young adults struggling with mental health problems. Learn more and start talking about mental health.

Show Your Care. Connect and Share

Join the conversation and talk about mental health.

[Treatment Locator](#)

MentalHealth.gov

Find information about mental health services and resources in your area. You can search by state or zip code.

[MentalHealth.gov](https://www.mentalhealth.gov)

U.S. Department of Health & Human Services

SAMHSA
Substance Abuse and Mental Health Services Administration

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Addressing the Opioid Crisis

HHS awards over \$1 billion to combat the crisis ravaging our country.

[Learn More](#)

HHS 5-POINT STRATEGY TO COMBAT THE OPIOIDS CRISIS

1

Better addiction prevention, treatment, and recovery services

2

Better data

3

Better pain management

4

Better targeting of overdose reversing drugs

5

Better research

[HHS.GOV/OPIOIDS](#)

Get Help

National Suicide Prevention Lifeline®
1-800-273-TALK (8255)

Free and confidential support for people in distress, 24/7.

Disaster Distress Helpline
1-800-985-5990

Immediate crisis counseling related to disasters, 24/7.

National Helpline
1-800-662-HELP (4357)


Treatment referral and information, 24/7.

Find treatment facilities confidential and anonymously.

[Learn About Our Locator](#)

[SAMHSA](https://www.samhsa.gov)


National Institute of Mental Health

 National Institute of Mental Health


Transforming the understanding and treatment of mental illnesses.

Search the NIMH website

Search

 MENTAL HEALTH INFORMATION OUTREACH RESEARCH PRIORITIES FUNDING LABS AT NIMH NEWS & EVENTS ABOUT US


The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.



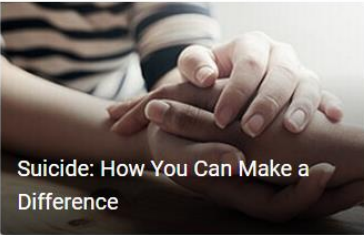
Healthtopics*

Anxiety Disorders	Attention Deficit Hyperactivity Disorder
Autism Spectrum Disorder	Bipolar Disorder
Borderline Personality Disorder	Depression
Eating Disorders	Obsessive-Compulsive Disorder
Post-Traumatic Stress Disorder	Schizophrenia
Suicide Prevention	More Topics


Featured Topics



Director's Message: Confronting Bias to Advance Science



Suicide: How You Can Make a Difference




Mental Health 101

In the News

Events


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Transforming the understanding and treatment of mental illnesses.

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PUBLICATIONS BY LANGUAGE


 Publications in English

 Publicaciones en Español




BROWSE BY DISORDER

- Anxiety Disorders (4 items)
- Attention Deficit Hyperactivity Disorder (ADHD) (2 items)
- Autism (1 item)




BROWSE BY TYPE

- Booklets
- Brochures
- Fact Sheets
- Posters



SPECIAL TOPICS

- Brain Anatomy & Physiology
- Children & Teens
- Clinical Trials
- Coping with Traumatic Events



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National Institute of Mental Health

MedlinePlus- Substance Abuse Problems

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NIH U.S. National Library of Medicine

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Trusted Health Information for You

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Methamphetamine

Also called: Chalk, Crystal, Glass, Ice, Meth, Speed, Tina

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Summary

Methamphetamine - meth for short - is a very addictive stimulant drug. It is a powder that can be made into a pill or a shiny rock (called a crystal). The powder can be eaten or snorted up the nose. It can also be mixed with liquid and injected into your body with a needle. Crystal meth is smoked in a small glass pipe.

Meth at first causes a rush of good feelings, but then users feel edgy, overly excited, angry, or afraid. Meth use can quickly lead to addiction. It causes medical problems including

- Making your body temperature so high that you pass out
- Severe itching
- "Meth mouth" - broken teeth and dry mouth
- Thinking and emotional problems

NIH: National Institute on Drug Abuse

Start Here

- Meth (Crank, Ice) Facts NIH Easy-to-Read (National Institute on Drug Abuse)

Get Methamphetamine updates by email

Enter email address GO

MEDICAL ENCYCLOPEDIA

Methamphetamine overdose
Substance use -- amphetamines

Related Health Topics

Drug Abuse

National Institute on Alcohol Abuse & Alcoholism



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NIAAA

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October 17, 2018

Dr. Peter M. Monti to Deliver 10th Annual Jack Mendelson Honorary Lecture at the National Institutes of Health

What: The National Institute on Alcohol...

NEW & NOTEWORTHY

October 01, 2018

NIAAA Director's Blog: Raising Awareness about Fetal Alcohol Spectrum Disorders

From the latest...

NEW & NOTEWORTHY

September 28, 2018

Now online: New Director's Report and the Fall 2018 issue of the NIAAA Spectrum

The NIAAA Director's Report to the National Advisory...

NEWS RELEASE

August 29, 2018

Event Registration Opens Today for National Drug & Alcohol Facts Week Observance to be held...

[Home](#) » [Publications](#) » [Treatment for Alcohol Problems: Finding and Getting Help](#)

[Print version](#)

Treatment for Alcohol Problems: Finding and Getting Help

This guide is written for individuals, and their family and friends, who are looking for options to address alcohol problems. It is intended as a resource to understand what treatment choices are available and what to consider when selecting among them. [Please note: NIAAA recently launched the NIAAA Alcohol Treatment Navigator. This online tool helps you find the right treatment for you — and near you. It guides you through a step-by-step process to finding a highly qualified professional treatment provider. Learn more at <https://alcoholtreatment.niaaa.nih.gov>.](#)



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National Institute on Drug Abuse

NIDA

NIH National Institute on Drug Abuse
Advancing Addiction Science

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News
Greek life membership associated with binge drinking and marijuana use in later life
Medication in Prison Associated with Reductions in Fatal Opioid Overdoses After Release
NIH releases first dataset from unprecedented study of adolescent brain development
Dr. Redonna Chandler selected to lead AIDS Research Program at NIDA
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Marijuana Use and Health Problems Later in Life
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Latest Science
The brain's hyper-network uncovered (Science Highlight)
Could Naltrexone Be Used to Treat Pregnant Women with Opioid Addiction? (Nora's Blog)
Neuronal ensembles take center stage (Science Highlight)
Long-Term Marijuana Use Is Associated With Health Problems Later in Life (NIDA Notes)
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Trends and Statistics

This infographic of the NIH's 2017 Monitoring the Future survey highlights drug use trends among the Nation's youth for marijuana, alcohol, cigarettes, e-cigarettes (e-vaporizers), and prescription opioids.
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About the ABCD Study

Adolescent Brain Cognitive Development®
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Use the [NIDA Clinical Trials Locator](#) - answer a few simple questions and get contact information for studies near you.

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[Have a drug problem—need help?](#)

Teens: Drug Use and the Brain

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!

**Drug Facts**




**Heads Up: Real News About Drugs**

If I thought I needed drug treatment, I would know who to contact.

☐ Yes
☐ No
☐ Maybe

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Drugs & Health Blog
**Let's Shatter the Myths About Drugs**
**Pregnancy and Drugs: Update (Part 2 – Marijuana, Opioids, and Illegal Drugs)**
**How Do the New FDA Rules Affect You?**

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American Indian/Alaska Native Health



Home | Health & Wellness | Health Conditions | People & Traditions | Programs & Services | Research & Data

Welcome!

American Indian and Alaska Native Health <https://americanindianhealth.nlm.nih.gov/> is a central source for information about the health and well-being of Native Americans and Alaska Natives. It is freely available, and offers access to evaluated and authoritative resources for:

- individuals,
- health educators,
- healthcare professionals.

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Bridging Science, Practice, and Culture


Registration: <https://event.mn/nky18>
Hotel: Renaissance Denver Stapleton | <https://bit.ly/2W8wPpi>

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Collection Development

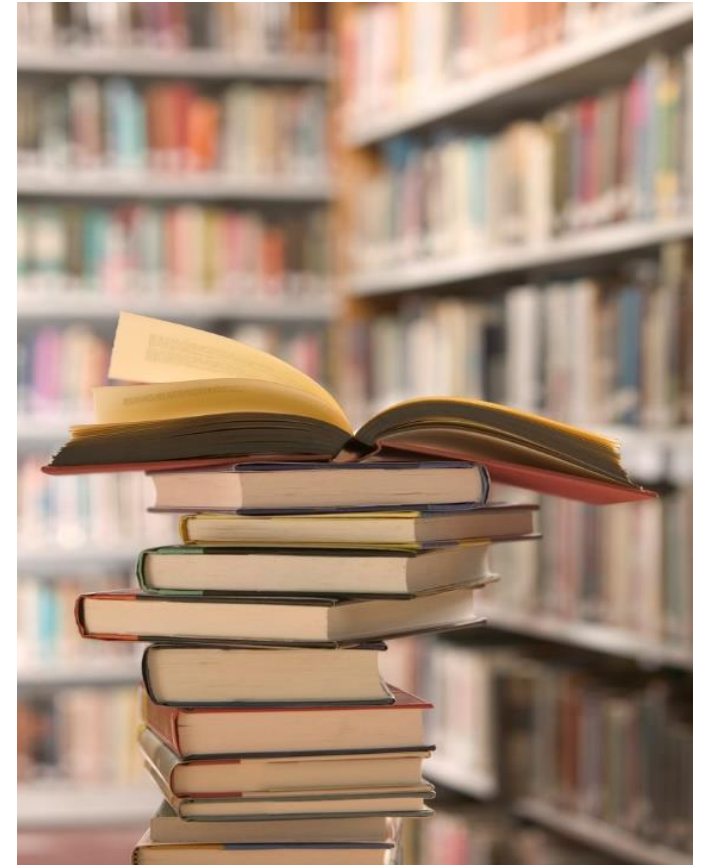
Look for book lists from other institutions

- Medical Library Association
- Health science libraries
- Other libraries

[Penn Libraries list, University of Pennsylvania](#)

[Medical Library Association books](#)

[“What criteria do consumer health librarians use to develop library collections?”](#)



Give it a try



Challenging health information requests



Health Reference

PRIVACY, ETHICS, TIPS

Factors Impacting Information-Seeking Behavior

- Patients and caregivers may be fearful, angry, overwhelmed, disillusioned, or depressed. Emotions play a role in how they approach the library staff.
- Factors: age, gender, literacy level, socioeconomic background, culture/ethnicity, language.

Reference Skills

- Combination of knowledge and experience
- Good evaluation skills
 - Quality of information
- Understanding the patron
 - Health issues can cause stress, anger, sadness or other emotions
 - Cultural differences
- The library staff person's reaction and communication can help diffuse situations

Topic and Scope

- Many categories of health information
 - Diseases, treatments, prevention, causes
- Health questions can be complex
- How much detail is needed?
- What level of information is needed?
- What format(s) would be most appropriate?

The Health Reference Interview

- Provide a welcoming environment
- Be an active listener
- Use open ended questions
- Be prepared for emotions
- Be aware of body language
- Verify medical terms and spellings
- Repeat patron's question to verify what is wanted
- Consider creating a form with prepared questions either for you and the patron to fill out together

Ethical Guidelines

- Privacy / Confidentiality
- Do not interpret medical information
- Don't offer personal experiences
- Know your limits and limits of collection/information access
- Do not be afraid to refer the patron back to his/her health care provider
- Use a disclaimer or caution statement

Disclaimers / Caution Statements

“Materials in the Resource Center represent the opinions of the authors and are intended as a complement, not a substitute for the advice of your healthcare providers.”

“You should not act or rely upon any of the resources and information available in or from this website without seeking the advice of a physician or other healthcare provider.”

Class Exercise – Role Playing

- What did the library staff do correctly?
- What could have been done differently?

Outreach

PROGRAMS AND SERVICES

Demographics

Analyze the demographics of your community

- [CDC FastStats](#)
- [Kaiser State Health Facts](#)
- [County Health Rankings](#)
- [Census Bureau](#)
- [Rural Health Information Hub](#)

Programs and Services

- Bookmarks
- Links to health websites (subject guides)
- Brochures
- Health kiosk
- Lecture series
- Health screenings
- Newsletter
- Social media
- Health fairs
- Community events (exhibit table/guest speaker)
- Health tech tools
- Consumer health database searching series
- Others?

Health Observances

The screenshot shows the healthfinder.gov website. The header includes the site name, a search bar, and a language toggle for Spanish. The left sidebar contains navigation links: Home, Health Topics A to Z, myhealthfinder, Free Web Content, Find Services Near You, and National Health Observances. The main content area is titled 'National Health Observances' and features a large image of a diverse group of people. Below this, there are sections for 'National Health Observation Toolkit — February' (highlighting American Heart Month with a 'View Toolkit' button) and 'Teen Dating Violence Awareness Month' (with a 'View Toolkit' button). A '2019 NHO Calendar' section lists various observances and provides a link to a frequently asked questions page. At the bottom, a 'View All Toolkits' section lists observances for January through May, including Cervical Health Awareness Month, American Heart Month, Teen Dating Violence Awareness Month, Colorectal Cancer Awareness Month, Alcohol Awareness Month, National Physical Fitness and Sports Month, and Melanoma/Skin Cancer Detection and Prevention Month.

National Health Observances Toolkits

The screenshot shows the Libraries Transform website. The header includes the 'LIBRARIES TRANSFORM' logo, the tagline 'An initiative of the American Library Association', and navigation links: BECAUSE, GET INVOLVED, TRENDS, TOOLKIT, and REAL STORIES. The main heading is 'Health Literacy Toolkit'. The text explains that the National Network of Libraries of Medicine (NNLM) and The American Library Association (ALA) have partnered to create a free toolkit to help library professionals raise awareness of how libraries provide trusted health information. It states that the toolkit provides key messages, program ideas, and downloadable marketing materials. A section titled 'Join the Libraries Transform Campaign to receive updates and access to these new tools.' is followed by a grid of 12 colorful cards, each featuring a 'BECAUSE' statement. The statements include: 'BECAUSE HEALTH AND EDUCATION GO HAND-IN-HAND.', 'BECAUSE HEALTH CARE ISN'T ONE SIZE FITS ALL.', 'BECAUSE ANYONE CAN BE A CITIZEN SCIENTIST.', 'BECAUSE YOUR DNA DOESN'T HAVE TO BE YOUR DESTINY.', 'BECAUSE YOUR FAMILY HEALTH HISTORY MATTERS.', 'BECAUSE AN INFORMED COMMUNITY IS A HEALTHIER COMMUNITY.', 'BECAUSE LIBRARIES ARE PARTNERS IN A HEALTHY COMMUNITY.', 'BECAUSE RARE DISEASES ARE MORE COMMON THAN YOU THINK.', 'BECAUSE QUALITY INFORMATION HELPS YOU MAKE BETTER HEALTH DECISIONS.', 'BECAUSE LIBRARIES CAN HELP YOU KEEP YOUR FAMILY HEALTHY.', 'BECAUSE THE RIGHT HEALTH QUESTIONS CAN LEAD TO BETTER HEALTH CARE.', and 'BECAUSE CLINICAL TRIALS GET RESULTS.'

Libraries Transform Health Literacy Toolkit

Book Discussion Kits

Regions | Offices | Help

Search this site

NER HOME

About NER Members Funding Initiatives Training

NER Graphic Medicine Initiative

Graphic Medicine Initiative

Book Club Kits

Education & Information

Graphic Medicine Book Club Kits

If you are curious about medical comics, want to start a book club in your organization, or just want to learn more about the experience of a specific topic, our Graphic Medicine Book Club Kits can help. Each kit includes six copies of a graphic novel, a quick-guide to reading comics, discussion questions, and topic-relevant MedlinePlus information. Currently there are eleven topic areas available (see below) to organizations in the New England Region (CT, MA, ME, NH, RI, VT).

What is a Graphic Medicine Book Club Kit?

Kits are...

- Available for any New England-based organization
- Loaned for six-weeks at a time
- Non-renewable
- Free-of-charge – mailed to you by us, with a return shipping label included
- Appropriate for both new and long-time comic readers
- Great for students, faculty, professionals, and the public alike!

Request a Graphic Medicine Book Club Kit [HERE!](#)

Contact Sarah Levin-Lederer (Sarah.LevinLederer@umassmed.edu or 508-856-5910) if you have questions about the kits or suggestions for other Graphic Medicine kit titles or programs.

Available Topics

Graphic Medicine Book Club Discussion Guides

Help

Search this site

HOME

About Us Resources

NNLM Reading Club

National Health Observances

The NNLM Reading Club

The NNLM Reading Club is a selection of “ready-to-use” book titles along with free and downloadable materials designed to help libraries support the health information needs in their communities. Through the fun and intimacy of a book club, readers will discuss health and wellness topics important to them and their loved ones as well as discover NIH National Library of Medicine consumer health resources.

IN THIS SECTION

- Featuring the NNLM Reading Club
- Selection Process

NNLM All of Us Reading Club

Programming Librarian

PROGRAMMING Librarian

A website of the American Library Association Public Programs Office

[Browse Ideas](#)
[News](#)
[Blogs](#)
[Program Models](#)
[Learning](#)
[About](#)

Topic Health and Wellness


REFINE BY:

Budget - Any - Library Type - Any - Age - Any -

Leave this field blank


Have a great program idea from your library? Share it with us.

SHARE YOUR PROGRAM




Learn to Skateboard: Partnering for Health and Exercise
Blog by Colleen Whittall

Teen librarian Colleen Whittall takes her teens to the skate park — with nary a book in sight.




Events & Celebrations
in News

Check out this list of monthly events and celebrations to help with your program planning.




Libraries Help Each Other Address Food Insecurity through Programming
Blog by Noah Lenstra

These two library programs help fill patrons' heads, bellies and hearts.




Read to Swim
in Program Models

A rural public library in Canada's Yukon territory partnered with a local pool to get kids reading and swimming over summer break.




A Range of Ages: Mixed-Age Play at the Library
Blog by Jenn Carson

Mingling different age groups enables kids to learn from one another in new ways.



Pumpkin Carving & Seed Saving Extravaganza
in Program Models


A western Massachusetts library had 300 people attend



The Cooperative Extension System: Your Library's Go-To Partner for Gardening, Nutrition, and Healthy Living Programming

Programming Librarian Health and Wellness programs

Collaborative Programs



Search the
Catalog
by
Keyword

Browse
E-Library
En español
Events
Catalog

Library Nurse





Through a partnership with the [Pima County Health Department](#), a team of public health nurses make rounds in our libraries providing basic health services. One public health nurse works in the Library full-time.

[Schedule of Public Health Nurse visits](#)

The nurses help make the library a welcoming and safe place for everyone and improve the physical and mental health of our customers. Nurses provide much-needed services, such as:

- Nursing assessment
- Case management
- Nutrition and health education
- Resource information
- Blood pressure screenings
- Referrals
- Outreach

The library nurse program was nationally recognized as a [2013 Top Innovator](#) by the Urban Libraries Council, and received the [2014 American Public Health Association's Lillian Wald Service Award](#). In 2015, two of the County's Public Health Nurses were recognized as [Tucson's Fabulous 50 Nurses](#).

Upcoming Events




Community Conversations

A CONVERSATIONAL APPROACH TO ALZHEIMER'S & DEMENTIA LED BY NATIONAL ADVOCATE

Lori La Bey, Alzheimer's Speaks

Mar
7

Community Convo w/ Alzheimer's Speaks F...
Mar 7 - Mar 8 · Westchester Public Library · Chesterton, IN
Health

★ Interested

NLM Traveling Exhibits

EXHIBITION HOME

POLITICS OF Yellow

IN ALEXANDER HAMILTON'S AMER

HARRY POTTER RENAISSANCE

In 1997, I introduced and a lite Although Potter bo based par

U.S. National Library of Medicine

EXHIBITION HOME

GRAPHIC MEDIA

CONTINUE

HOME • E

LEARN more

Explore educ

PHYSICIAN ASSISTANTS

Rashes to Research

SCIENTISTS AND PARENTS CONFRONT THE 1964 RUBELLA EPIDEMIC

EXHIBITION PROGRAM





Pregnant Women Used to Fear Rubella.

Once considered little more than a minor childhood illness, rubella's dangers hid in plain sight. Research in the 1940s and 1950s linked rubella infection early in a woman's pregnancy to miscarriage, stillbirth, and a constellation of health problems known as congenital rubella syndrome (CRS). Children with CRS may be born with hearing, vision, or heart conditions, cognitive disabilities, and more.



Pacific Northwest Members Directory

Members provide health professionals and the general public with health information resources and services. Members include libraries, information centers, or other types of organizations.

Membership is free! [Join the Network today!](#)

Members can request specialized training in providing health information through National Library of Medicine resources. Members are also eligible for funding for health information projects.

View the full [Members Directory](#).

IN THIS SECTION

About Membership

- Services to Network Members
- Who Are Network Members?
- Network Member Responsibilities

Members Directory

Resource Sharing & Document Delivery

Emergency Preparedness

Organization ▲

Region

Location

Telephone

Partner

- Health clinics
- Medical practices
- Local health department
- Schools / child care centers
- Long term care facilities
- Places of worship
- Veterinarians / pet supply shops
- Historical societies

Collaboration Tips



FREE GUIDE

Create Health Programming That Makes a Difference

Download Now

Demco- 4 Ways to Get Started with Health Programming at Your Library

Activate, Collaborate, and Educate: Health Outreach and Programming in Your Community

This course will provide an overview of ideas to conduct health outreach and create health programs for libraries and community/faith based organizations. Participants will learn how to integrate resources from the National Library of Medicine (NLM) and other reputable agencies to introduce community members to NLM resources in fun and engaging ways. Examples of programs for children, teens, adults and seniors using NLM and other National Institutes of Health center and office resources will be shared.

Additional Materials:

[Health Outreach and Programming Class Guide](#)

Objectives:

This presentation provides an overview of planning health programs for organizations incorporating resources from the National Library of Medicine. By the end of the session participants will be able to:

- Locate county level information on health needs within their community
- Locate relevant NLM consumer health resources for specific target populations
- Identify organizations for health outreach partnerships
- Outline a potential health outreach or health program for their organization

Course Materials: [ACE Health Outreach and Programming Introduction \(Rev Feb 2018\)](#)

[ACE: Drugs and Your Body Tween Teen Program \(Rev Feb 2018\)](#)

[ACE Engage for Health Sample Program \(Rev Feb 2018\)](#)

[ACE Logic Model Class Exercise \(Rev March 2018\)](#)

[ACE Establishing Partnerships Class Exercise \(Rev March 2018\)](#)

[ACE Emergency Preparedness Sample Program \(Rev Dec 2018\)](#)

Class Length:

60 minutes, 2 hours, 3 hours. Variable credit class. The number of CE credits is tied to how much time and effort is expected of the learner to complete the class. A higher credit class goes deeper into the content.

Upcoming Classes

Activate, Collaborate,
and Educate: Health
Outreach and
Programming in Your
Community

Additional Details

Tuesday, March 19, 2019

3:00pm - 4:00pm

ET

Region/Office:

National

Instructor(s):

Michael Balkenhol

Register

NNLM class, "Activate, Collaborate, and Educate"

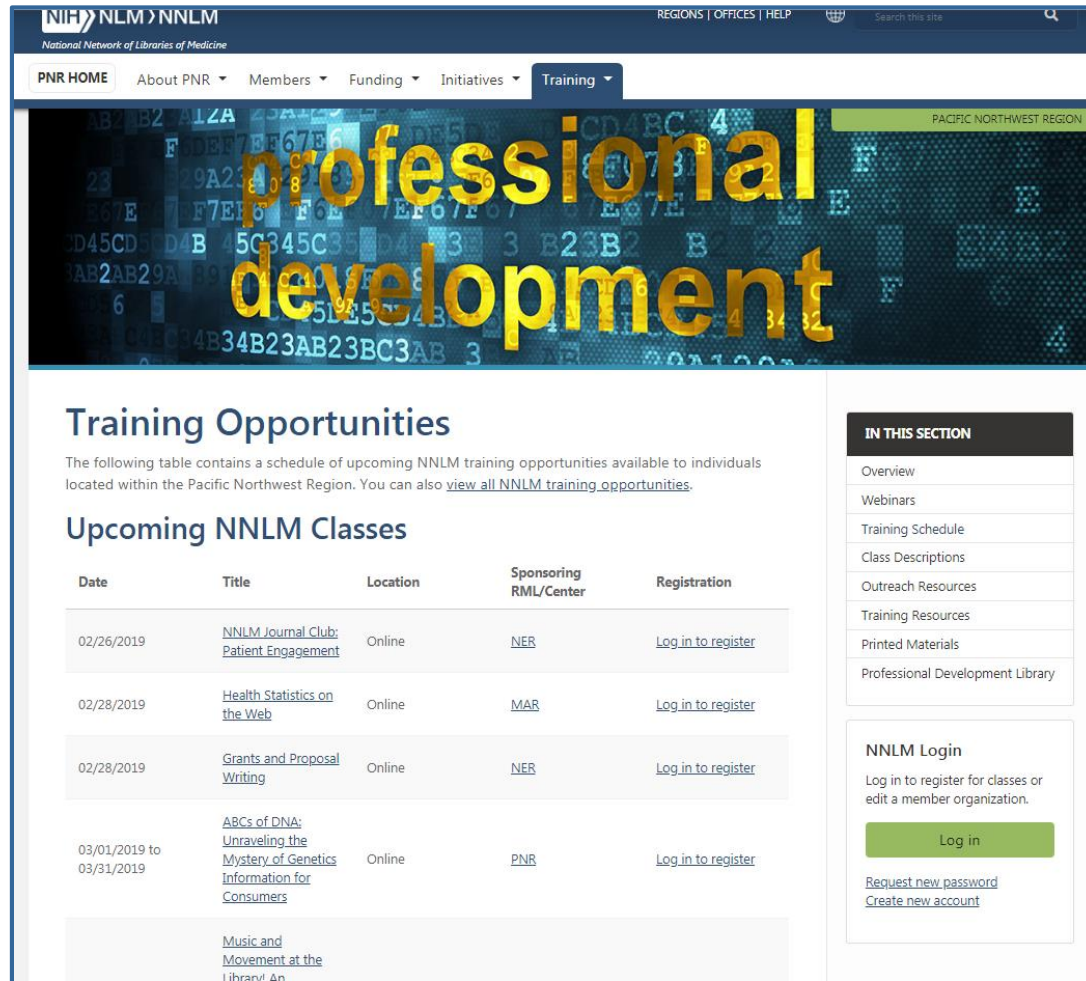
NNLM Funding

- “Improving Rural Montanans Access to Quality Health Information”
Montana State University Library
- “CAM Health Literacy and Older Rural Adults”
Montana State University
- “Expanding Children's Mental Healthcare in Butte/SilverBow”
Early Childhood Coalition (the Butte Community Council) and
Children’s Mental Health Committee
- “Kalispell Regional hospital Patient Portal Education Access”
Kalispell Regional Medical Center

Professional Development

CLASSES, WEBINARS, NEWS, AND MORE

Learn more...



professional development

Training Opportunities

The following table contains a schedule of upcoming NNLM training opportunities available to individuals located within the Pacific Northwest Region. You can also [view all NNLM training opportunities](#).

Upcoming NNLM Classes

Date	Title	Location	Sponsoring RML/Center	Registration
02/26/2019	NNLM Journal Club: Patient Engagement	Online	NER	Log in to register
02/28/2019	Health Statistics on the Web	Online	MAR	Log in to register
02/28/2019	Grants and Proposal Writing	Online	NER	Log in to register
03/01/2019 to 03/31/2019	ABCs of DNA: Unraveling the Mystery of Genetics Information for Consumers	Online	PNR	Log in to register
	Music and Movement at the Librarians' An			

IN THIS SECTION

- Overview
- Webinars
- Training Schedule
- Class Descriptions
- Outreach Resources
- Training Resources
- Printed Materials
- Professional Development Library

NNLM Login

Log in to register for classes or edit a member organization.

[Log in](#)

[Request new password](#)
[Create new account](#)

Webinars and Online (synchronous and asynchronous)

- NNLM Resource Picks (NLM resources)
- PNR Rendezvous (various topics)
- ABCs of DNA (genetics)

On Demand Classes:

- EvalBasics (evaluation)
- Grants and Proposal Writing
- Serving Diverse Communities (cultural competency)

[**NNLM Training Schedule**](#)

Consumer Health Information Specialization (CHIS)



- *Beyond an Apple a Day* applies
- Good for 3 years
- Builds skills and knowledge in providing consumer health services
- Improves patrons' confidence in staff knowledge
- Improves health literacy and health knowledge of their communities

[Consumer Health Information Specialization](#)

Keeping updated

The screenshot shows the PLA Health Interest Group page. At the top is the PLA logo and navigation links: Home, Communities, PLA Directory, Events, Get Involved, Browse, and Shortcuts. A search bar is on the right. The main heading is 'PLA Health Interest Group' with a 'SETTINGS' button. Below this is a 'PLA (Public Library Association)' link. A navigation bar shows 'Community Home', 'Discussion' (61), 'Library' (0), 'Events' (0), and 'Members' (65). The page is divided into two columns. The left column, titled '#PublicLibraryAssociation(PLA) #PLA', features 'Latest Discussion Posts' with an 'ADD' button. Two posts are visible: 'Wildfire protections' by Leighann Wood (15 days ago) and 'Backpack giveaways' by Stephanie Smith (15 days ago). The right column, titled 'Announcements', features the 'August PLA Health Initiative newsletter' by Laurence Deutsch (8 days ago), which is now available online. A link to the 'August PLA Health Initiative newsletter' is provided at the bottom of the announcement.

The screenshot shows the 'Healthy Community Tools for Public Libraries' website. At the top right are links for 'Newsletters | Initiatives | Today's Health News' and a search bar. A dark blue navigation bar contains links for 'Resources', 'Training', 'Regional Offices & Funding', and 'Databases'. The main content area has a large blue header with the text 'Public libraries are critical to our nation's health.' Below this is a paragraph stating that all Americans need access to current, reliable health information, especially as we navigate complex issues like health care, insurance, and aging. It mentions that public libraries are a go-to resource throughout this journey. Another paragraph states that this website, a project of the National Network of Libraries of Medicine (NNLM) and the Public Library Association (PLA), brings together a host of resources to help public libraries better serve their patrons' health needs. Below the header are two columns: 'Latest Resources' and 'Latest Trainings'. The 'Latest Resources' column lists 'Tools, program ideas and primers to help public libraries get the information and inspiration they need.' and includes links for 'Libraries are Champions of Health Communities (Facebook Group)' and 'ALA Libraries Transform Health Literacy Toolkit'. The 'Latest Trainings' column states that the National Network of Libraries of Medicine and its Regional Medical Libraries offer live and online educational experiences for health professionals, medical librarians, public librarians, and others. It mentions that the courses below are those most relevant to public librarians.

Healthy Community Tools for Public Libraries

In addition...

Blogs, Lists, & Bulletins

- [Dragonfly](#) (PNR blog)
- [Bringing Health Information to the Community](#) (BHIC blog)
- [HLIB-NW Discussion List](#)
- [MedLib-L Discussion List](#)
- [NLM Technical Bulletin](#)
- PNR News (subscribe to PNR's official email [announcements](#))

My MedlinePlus Weekly Newsletter



Bringing Health Information to the Community

Sharing health information resources, news, and issues affecting communities

Weekly Digest: October 9, 2018

In the Dragonfly:

[Announcing NNLM PNR funding support to attend ALA Midwinter preconference on Health Equity and Health Literacy](#)

The ALA Office for Diversity, Literacy and Outreach Services, the Public Library Association, and the National Network of Libraries of Medicine have partnered through the Libraries Transform public awareness campaign to create a free toolkit for Health Literacy.

[October is Health Literacy Month!](#)

It's October – Health Literacy month. We've still much work ahead to improve how we deliver actionable health information for the nine that low health literacy has real-world consequences, since it's well documented that individuals with low health literacy suffer poorer health outcomes which makes addressing this persistent challenge so compelling. [Read the post](#)

Educational Opportunities:

In the Shoes of a Fellow: The National Library of Medicine's Associate Fellowship Program: The National Library of Medicine's Associate Fellowship Program is designed to provide a broad foundation in health sciences information services, and to prepare librarians for the future. The program will discuss the organization of the program, her experiences as an Associate Fellow, and some of the projects she and other fellows will be working on.

Health Literacy Toolkit from Libraries Transform

Because Libraries are Partners in a Healthy Community, NNLM and ALA have partnered through the Libraries Transform public awareness campaign to create a free toolkit for Health Literacy.

[Learn More!](#)

Pacific Northwest Region

New Funding Opportunities Coming Soon!

FYI—late breaking news: Another round of

Upcoming Classes

Interested in training opportunities from the National Network of Libraries of Medicine? Here are just a few of our upcoming classes:

TUESDAY, OCTOBER 23, 2018

- [NER Update 2018](#)

THURSDAY, OCTOBER 25, 2018

Join us for PNR Rendezvous!

OCTOBER 17 AT 1:00PM PT

PNR Rendezvous is a monthly webinar series presented by the National Network of Libraries of Medicine Pacific Northwest Region.

Our next Rendezvous is Oct 17th: "In the Shoes of a Fellow: The National Library of Medicine's Associate Fellowship Program"

Montana State Library Resources

Montana Health Champion Network

- A staff person who is passionate about health information at each library!

NNLM: Stand Up for Health Online Learning Cohort

- Carolyn Martin as our instructor!
- Hopefully starting in October/November
- CE credit eligible, as well as Consumer Health Information Specialization certification eligible
- MLA Session in April

MSL Resources

- Previous Health-Focused Webinars
- Health Literacy Month Handbook
- Health Fair Manual
- Open Enrollment 2019 Toolkit
- Opioid/Narcan Training with Best Practice Medicine

NNLM Grant Application – Traveling Health Exhibit

- Looking for libraries to partner with for future grant opportunities at NNLM in hosting a traveling health kiosk exhibit!

Thank You!



Carolyn Martin, MLS, AHIP
Consumer Health Coordinator
National Network of Libraries of Medicine
Pacific Northwest Region (NNLM PNR)
martinc4@uw.edu